



New from the National Diabetes Education Program

## “Cuide Su Corazón” (“Take Care of Your Heart”)

### Campaign Materials for Hispanic and Latino Americans with Diabetes

Heart attacks and strokes are the leading causes of diabetes-related deaths. To live longer and healthier, Hispanic and Latino Americans with diabetes need to manage their blood sugar (glucose), blood pressure, and cholesterol.

#### For Promotores and Health Educators

This bilingual **flipchart** includes easy-to-understand drawings accompanied by a scripted presentation (in Spanish and English) that helps patients make the link between diabetes and heart disease and includes tips on healthy lifestyle choices. Also included are two reproducible patient education handouts.



For Hispanics/Latinos with Diabetes

Visit our website to download electronic versions. All materials are copyright

free.

This easy-to-read, bilingual (Spanish and English) **brochure** explains the link between diabetes and heart disease for Hispanic and Latino Americans. This illustrated brochure encourages sugar, blood pressure, and cholesterol. A detachable wallet card allows patients

<http://www.ndep.nih.gov/get-info/cuidesucorazon.htm>



control their blood  
e target numbers.

\_\_\_ I would like to receive the NDEP "Cuide Su Corazón" flipchart. \_\_\_ I would like to receive the NDEP "Cuide Su Corazón" brochure. Please fax requests to 703-738-4929 or mail to: NDIC, 1 Diabetes Way, Bethesda, MD, 20892.

NAME	PHONE
ORGANIZATION	FAX
ADDRESS	EMAIL



The NDEP is a joint program of the National Institutes of Health **CITY STATE/ZIP** and the Centers for Disease Control and Prevention.