



## **WE CAN BE STRONGER THAN DIABETES** *Be Smart About Your Heart*

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

Welcome to this podcast series on diabetes brought to you by the National Diabetes Education Program or NDEP. NDEP is a joint initiative of the Centers for Disease Control and Prevention and the National Institutes of Health.

This podcast is taken from the NDEP *Be Smart About Your Heart* campaign.

If you're one of the nearly 21 million Americans with diabetes, you are at high risk for heart attack or stroke. Heart disease is more likely to strike you – and at an earlier age – than it is to strike your family and friends without diabetes. In fact, about two thirds of people with diabetes die from heart attack or stroke.

But you can fight back. You have the power to prevent heart attack and stroke by controlling the ABCs of diabetes.

A is for A1C. The A1C test measures your average blood glucose (or blood sugar) over the last 3 months.

B is for blood pressure. High blood pressure makes your heart work too hard.

C is for cholesterol. Bad cholesterol, or LDL, builds up and clogs your arteries.

Ask your health care provider these questions:

What are my ABC numbers? Your A1C level should be tested at least twice a year. Blood pressure should be checked at each visit and cholesterol should be tested at least once a year.

What should my ABC target numbers be? For most people with diabetes, the goals are A1C below 7, blood pressure below 130/80, and LDL cholesterol below 100.

What actions should I take to reach my ABC target numbers? You and your health care provider should put together an action plan of lifestyle changes and medications, if needed, to help you reach and maintain your goals for the ABC's of diabetes.

You can take action now to lower your risk for heart attack and stroke and other diabetes problems. Work with your health care provider and get started now:

Talk with your health care provider about adding more physical activity, such as brisk walking, to your routine.

Eat less salt and fat.

Eat more fiber – choose whole grains, fruits, vegetables and beans.

If you smoke – stop. Ask for help in learning how to quit.

Take your medicines as prescribed.

Ask your family and friends to help you manage your diabetes.

Be smart about your heart – control the ABC's of diabetes.

To order your free copy of *Be Smart About Your Heart*, visit [www.ndep.nih.gov](http://www.ndep.nih.gov), or call the National Diabetes Education Program at 1-800-438-5383.

*[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit [www.cdc.gov](http://www.cdc.gov).*