



English Media Advisory

Health Organizations Partner to Fight Heart Disease & Stroke *Leading Killers of Asian Americans and Pacific Islanders with Diabetes*

Bethesda, M.D.--- Several Asian American and Pacific Islander health organizations have joined with the National Diabetes Education Program (NDEP) and the American Diabetes Association (ADA) to urge people with diabetes to manage blood pressure and cholesterol, along with blood glucose (blood sugar)—an approach that will help prevent heart attack and stroke—the leading killers of people with diabetes.

The groups are joining forces to inform Asian Americans and Pacific Islanders that good diabetes management is more than lowering blood glucose. Managing blood pressure and cholesterol is also crucial. The “Take Care of Your Heart” campaign comes in response to new studies that show a strong link between diabetes and heart disease.

The NDEP and ADA are urging people with diabetes to take care of their hearts by focusing on three numbers: blood glucose, blood pressure and cholesterol. People with diabetes should ask their doctors or other health care providers three important questions:

- What are my blood glucose, blood pressure, and cholesterol numbers?
- What should my target numbers be?
- What do I need to do to reach and maintain my target numbers?

Recommended Targets:

- Blood glucose - less than 7 percent on the A1C (or hemoglobin A1C) test. Check at least twice a year.
- Blood pressure - below 130/80. Check at every doctor’s visit.
- Cholesterol (LDL) - below 100. Check at least once a year.

The same steps needed to manage blood glucose work for managing blood pressure and cholesterol: follow a healthy diet and get daily physical activity to avoid being overweight and take prescribed medicines. People with diabetes should also avoid smoking and ask their health care providers about aspirin therapy.

The NDEP has developed patient information materials that are available in several Asian and Pacific Islander languages. The materials include a record form to help people with diabetes keep track of their blood glucose, blood pressure and cholesterol numbers. To order a free copy of these products or to learn more about managing diabetes, call 1-800-438-5383 or visit NDEP’s Web site at www.ndep.nih.gov.

The National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) and 200 public and private partners.