

HEART HEALTH

Women with diabetes are at higher risk for cardiovascular disease (CVD). In fact, they may have heart attacks and strokes up to 20-30 years earlier than women without diabetes. CVD happens when sticky plaque builds up on the walls of the arteries and partially clogs them, making it harder for blood to flow and more likely for it to clot and stop blood flow entirely.

Examples of CVD:

- **Heart attack** – a clot that stops blood flow to part of the heart
- **Angina** – partially clogged arteries that cause chest pain during activity that can resolve with rest
- **Ischemic Stroke** – a clot that stops blood flow to part of the brain
- **Transient Ischemic Attack (TIA)** – a clot that temporarily stops blood flow to part of the brain
- **Aneurysm** – a swelling, bulge, or weakness in the wall of an artery
- **Peripheral artery disease / peripheral vascular disease** – a circulatory disorder in which narrow blood vessels restrict blood flow

Ways to Reduce CVD Risk

- **Get active** - Walk briskly or do other physical activity for at least 30 minutes daily. Ten minutes, three times each day, is just as effective as 30 minutes at one time.
- **Make healthy food choices** – Reduce fat, cholesterol, and simple carbohydrates. Limit sodium and sugar intake. Choose healthy vegetables, low-fat dairy, and lean meats.
- **Quit smoking** - You can do it! Call 1-800-QUIT-NOW or go to women.smokefree.gov.
- **Maintain a healthy body weight** - Work with your healthcare team to set and achieve weight goals.
- **Maintain healthy blood pressure and blood glucose levels** – Work with your healthcare team to set these goals.

Heart Health ABCs

	PREVENTION No prior history of CVD	TREATMENT Prior history of CVD
Aspirin Is it right for me?	It depends on other risk factors. Ask your doctor if aspirin is an appropriate preventive treatment for you.	81 mg daily is the typical recommended dose. Discuss this with your doctor if you are not taking aspirin.
Blood pressure What is my goal?	Less than 130/80 mm Hg	Less than 130/80 mm Hg
Cholesterol What are my goals? Are statin medications right for me?	LDL <70 mg/dl (1.8 mmol/l); HDL >40 mg/dl (1.03 mmol/l); Triglyceride <150 mg/dl (1.7 mmol/l) Statin medications are recommended for those aged 40 and older.	LDL < 55 mg/dl (1.4 mmol/l); HDL >40 mg/dl (1.03 mmol/l); Triglyceride <150 mg/dl (1.7 mmol/l) Statin medications are recommended for all ages.