

DIABETES AND YOUR HEART

SHOULD YOU START TAKING A STATIN?



If you have diabetes, you are more than twice as likely to have a heart attack or stroke as someone without diabetes. If you have diabetes and high cholesterol, you are at even higher risk.

Statins are medicines that can lower your risk of heart attack and stroke by lowering your cholesterol.



Ask your primary care provider if you should start taking a statin if you have diabetes and:

- Are 40-75 years old with normal cholesterol.
- High cholesterol

Examples of statins are atorvastatin, rosuvastatin, lovastatin and simvastatin. If you already take a statin, continue to take it as directed by your provider.



For more information, including our Diabetes Newsletter, www.hpsm.org/diabetes.

LOWER YOUR RISK OF HEART DISEASE

Your lifestyle and daily routine can help you manage your Diabetes.

Work with your health care provider to keep your blood sugar levels AND blood pressure close to your target goals. Ask your health care provider if taking a statin, a medicine that lowers cholesterol, is a good choice for you.



Eat healthy foods. Eating healthy is the key to managing blood sugar. Use these tips:

- Talk to your health care provider or dietitian about creating a plan for healthy eating.
- Include these in your meals:
 - Non-starchy vegetables (such as carrots, broccoli or lettuce).
 - Minimally processed foods (like roasted nuts and cut or frozen vegetables).
- Limit foods with added sugars and refined grains such as white rice, white bread, quick oats and crackers.



Get regular exercise. Aim for **150 minutes a week (or 30 minutes a day for 5 days a week)** of moderate effort activities.

Visit **www.hpsm.org/health-tips/how-much-to-exercise** or scan the QR code to learn more.



If you use tobacco products, quit! Talk to your health care provider about quitting options.