



Diabetes & YOUR HEART

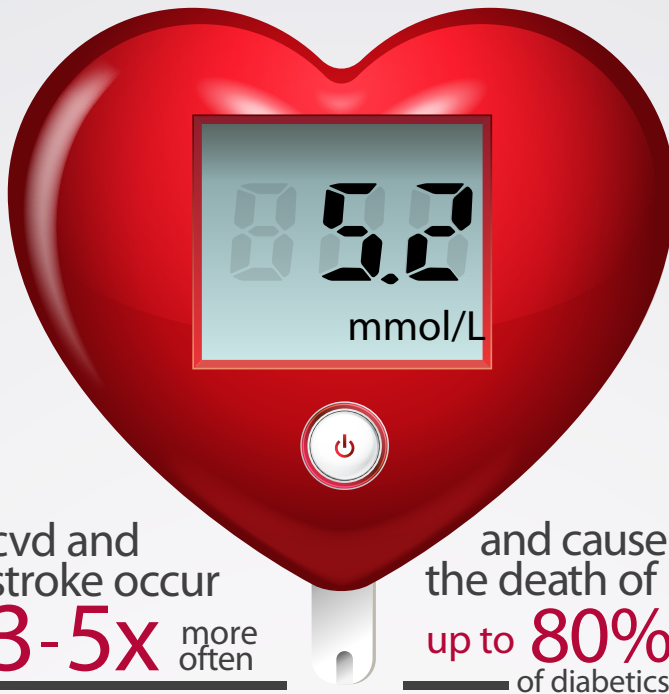
TYPE

1

The immune system treats the insulin-producing cells in the pancreas as invaders, attacking and destroying them.

The most serious form of diabetes, it is often first diagnosed in children and youth.

5-10% of patients



cvd and stroke occur

3-5x more often

and cause the death of

up to **80%** of diabetics

Women with Diabetes

HAVE A RATE OF CVD & STROKE



3x HIGHER THAN DIABETIC MEN

TYPE

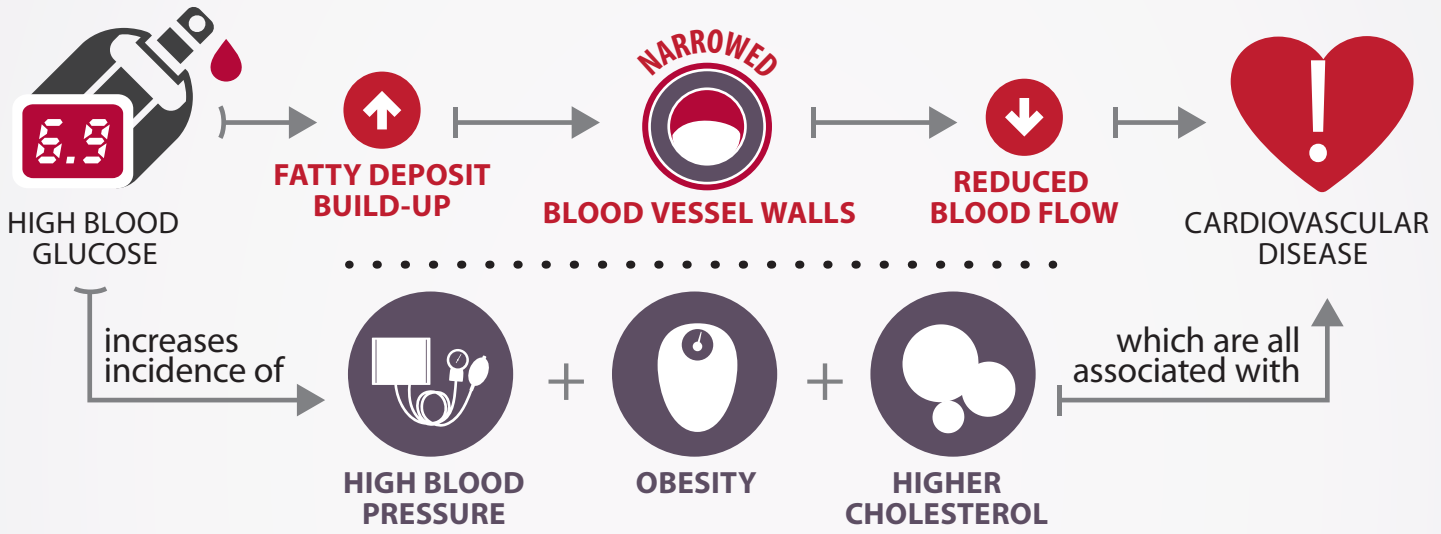
2

The body still produces insulin, but not enough. Insulin receptor cells fail to respond properly, keeping glucose from entering cells. This is known as insulin resistance.

The most common form, it tends to occur after age 35.

90-95% of patients

HOW DOES IT AFFECT MY HEART?



AM I AT RISK?

RISK FACTORS FOR TYPE 2 DIABETES

AGE: 40+

FAMILY HISTORY: Closer relatives with diabetes

ETHNICITY: Aboriginal, Hispanic, South Asian, Asian, African



WEIGHT: Obesity or elevated waist size

CONDITION: Pre-diabetes or gestational diabetes,

high blood pressure, high cholesterol, schizophrenia

TYPE 1 DIABETES USUALLY STEMS FROM FACTORS OUTSIDE YOUR CONTROL

Gestational Diabetes Mellitus (GDM)

During pregnancy, hormone changes and extra demands on the body can result in insufficient insulin.

30% DEVELOP TYPE 2 DIABETES WITHIN 15 YEARS



WHAT CAN I DO?

PREVENT

Lifestyle is the key to preventing type 2 diabetes.

- HEART-HEALTHY EATING
- REGULAR PHYSICAL ACTIVITY
- WEIGHT CONTROL
- CHOLESTEROL MANAGEMENT
- BLOOD PRESSURE



MANAGE

If you have diabetes, managing it is critical.

- TAKE YOUR MEDICATION
- EAT PROPERLY
- BE ACTIVE
- ATTEND A DIABETES EDUCATION PROGRAM



MONITOR

The most important factor in managing diabetes is testing your glucose levels.

A GLUCOSE MONITOR WILL HELP YOU KEEP YOUR LEVELS IN A HEALTHY RANGE

Learn how to use it properly.

Learn more about diabetes and its impact on your heart health.

The Heart Institute's Prevention & Wellness Centre has a wealth of information and provides a gateway to other valuable diabetes resources:

pwc.ottawaheart.ca/awareness/heart-health-education/risk-factors/diabetes