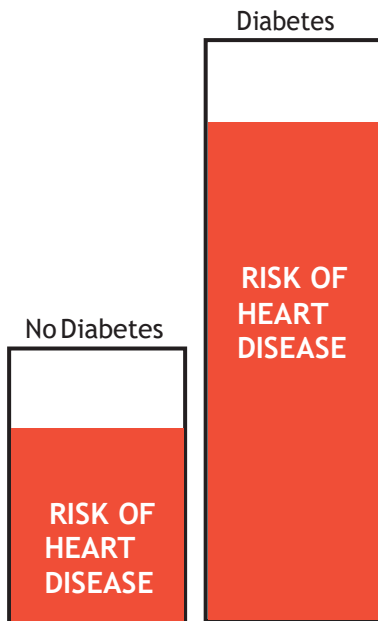


DIABETES AND YOUR HEART

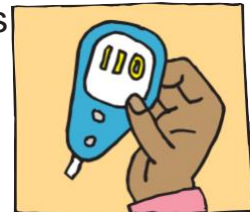
The number one health problem for all Americans is heart disease. If you have diabetes, you have at least twice the risk or chance of having heart disease as a person without diabetes.



What can you do?

You can lower your chance of having a heart attack, stroke, or blood vessel problems by controlling your:

- Blood sugar levels
- Blood pressure
- Cholesterol, and
- Weight, if you are overweight



Know your heart-healthy goals:

- Follow your diabetes meal plan
- Be physically active every day
- Take your diabetes medicine
- If you smoke – QUIT!



Are you doing all you can do to protect your heart? Find out at your next diabetes care visit.

THE METABOLIC SYNDROME

The “Not-So-Good News”

- 50 million Americans have the syndrome
- It increases your risk of heart disease, stroke, and diabetes
- Eighty percent (80%) of people with type 2 diabetes have this problem

You have the metabolic syndrome if you have any THREE of the following:

RISK FACTOR*	PROBLEM LEVEL
Large waist (Stomach) Men Women	Waist Size 40 in. (>102 cm) or more 35 in. (>88 cm) or more
High Triglycerides	150 mg/dL or higher
Low HDL-C (Good Cholesterol) Men Women	Less than 40 mg/dL Less than 50 mg/dL
High Blood Pressure	130/85 or higher
Diabetes or Prediabetes	126 mg/dL or higher (fasting) 100 to 125 mg/dL (fasting)

*Also count as a risk factor if you are being treated for any of these conditions.

The “Good News”

- Modest weight loss (15 pounds or 7% of your body weight)
 - Being active (30 minutes or more at least 5 days a week), and
 - Eating healthy foods in the right amounts at the right time
- all help to lower your waist size, blood pressure, blood sugar, and cholesterol.

Medicine can help, but it can't do it alone. To stay healthy and lower your risk for the metabolic syndrome:

- 1) Watch your weight, 2) Be active often, and 3) Eat healthy foods

Talk to your doctor or diabetes educator for more information.

Be in the 'Fixing Business'

Elijah Cummings served in the U.S. House of Representatives 1996 until his death in 2019. He was a well-known civil rights advocate, known for his wise words, noble heart, integrity, service, and humility.



One of his favorite sayings was:
"Are you in the problem business or the fixing business?"

Group Reflection/Discussion

Share an example related to your diabetes where you currently spend too much time focusing on the problem. What would it take for you to be in the 'fixing business.'

Examples

My blood pressure is always too high.



I'm going to walk at least 30 minutes 3 times per week to support my blood pressure goal of < 140/90.

I always overeat.



I will focus on building a balanced plate with 1/2 my plate non-starchy vegetables, 1/4 carbohydrate, 1/4 protein.

Tips and Takeaways

- Acknowledge problems/challenges, but rather than spend your time focusing on the problem, focus on finding a solution!
- Be aware of challenges in your life - they help you grow! A positive mindset helps you focus on solutions rather than on problems!
- Be kind to yourself and kind to others!
- When you find yourself focusing on problems, try distracting yourself! Doing something to lift your mood (listen to a song, take time to appreciate the people in your life who love you) increases positive emotions and lowers negative emotions.
- Call a friend for support and to brainstorm solutions to problems.

SCRAMBLED EGGS WITH VEGGIES

INGREDIENTS:

- 1-2 eggs
- Egg whites (optional)
- Vegetables, chopped
- Preferred seasonings
- Olive oil



Eggs are a great source of protein! Enjoy whole eggs, and you can also add in extra egg whites if you'd like.

DIRECTIONS:

1. Preheat skillet to medium. Add a drizzle of olive oil, and add the chopped vegetables.
2. Sauté the veggies until softened and translucent. Adding a splash of water may help them soften a bit more quickly.
3. While the vegetables sauté, whisk together eggs and egg whites (if using). Once vegetables are softened, pour in egg mixture. Stir the eggs around the pan frequently as they cook.
4. Add seasonings, to taste. Once eggs are almost set, remove from pan and enjoy!

TIPS:

- Pairing a protein with a carbohydrate is important at meals and snacks to help maintain blood sugar and provide energy. Be sure to add a carbohydrate to your eggs. Some ideas include toast, oatmeal, a bagel, making a breakfast taco with tortillas, fruit, and milk.
- When you cut up veggies for other meals, put some aside in a Ziploc bag to have available for your morning eggs.

Seasoning Ideas:



Vegetable Ideas:

