



American Heart Association®

Healthy for Good™

HOW TO MANAGE BLOOD SUGAR



1 UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise. heart.org/Diabetes

GLUCOSE

The carbohydrates and sugars in what you eat and drink turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

INSULIN

Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.

In type 2 diabetes glucose builds up in the blood instead of going into cells because:

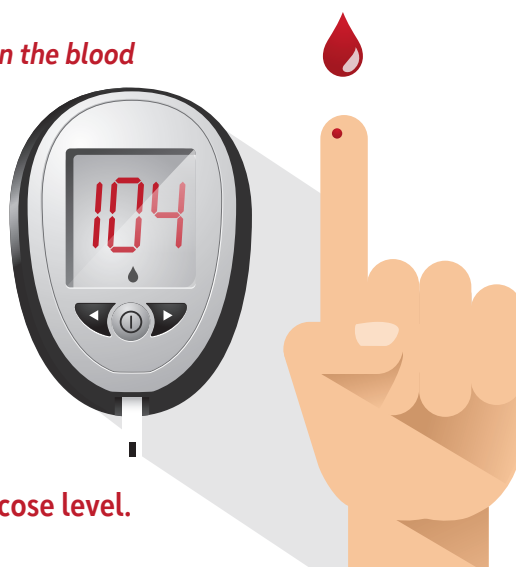
The body develops "insulin resistance" and can't use the insulin it makes efficiently.



The pancreas gradually loses its ability to produce insulin.



The result can be a high blood glucose level.



2 TRACK LEVELS

Health care providers can take blood glucose readings and provide recommendations. If you're diagnosed with type 2 diabetes, you will need to monitor your blood sugar level regularly. Know Diabetes by Heart can help you manage type 2 diabetes.

KnowDiabetesbyHeart.org

Fasting Blood Glucose	Diagnosis	What It Means
Lower than 100 mg/dl	Normal	Healthy range
100 to 125 mg/dl	Prediabetes (Impaired Fasting Glucose)	At increased risk of developing diabetes
126 mg/dl or higher	Diabetes Mellitus (type 2 diabetes)	At increased risk of heart disease or stroke

3 TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, lean proteins and fish. Limit sweetened drinks, added sugars, fatty foods, processed meats and sodium.

heart.org/EatSmart



MOVE MORE

Being physically active can lower your risk of developing diabetes and help you manage the disease if you already have it.

heart.org/MoveMore



MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes. heart.org/Weight



DON'T SMOKE

Smoking, vaping or using tobacco can increase your risk of heart disease, stroke, many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage. heart.org/Tobacco

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/DIABETES

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HOW TO CONTROL CHOLESTEROL



1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **BODY**. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.
heart.org/Atherosclerosis

TRIGLYCERIDES

The most common type of fat in the body.

TOTAL CHOLESTEROL

$\text{HDL} + \text{LDL} + 1/5\text{th of triglyceride level} = \text{total cholesterol level.}$

2 TRACK LEVELS



A health care provider can measure blood cholesterol and help you understand what the levels mean.



Track your cholesterol levels over time and take steps to reduce high cholesterol.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/CHOLESTEROL

3 TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sugary drinks and foods, fatty or processed meats, full-fat dairy products, eggs and tropical oils.
heart.org/EatSmart



MOVE MORE

Physical activity helps improve cholesterol levels.
heart.org/MoveMore



KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats. heart.org/Fats



DON'T SMOKE

Smoking lowers good HDL cholesterol and raises your risk of heart disease. heart.org/Tobacco



TAKE MEDICATION AS DIRECTED

Your doctor may prescribe statins or other medications to control your cholesterol levels.