

## Dangers of Coronary Artery Disease & Diabetes



### What Is Coronary Artery Disease (CAD)?

Your coronary arteries normally provide blood to your heart; when you have CAD, these arteries become smaller or narrower because of cholesterol buildup on the insides of the artery wall. As a result of this narrowing, you can either develop partial or complete blockage. Diabetes makes this situation worse and can lead to heart attack, stroke, or other complications.

### CAD and Diabetes

Diabetes is an independent risk factor for CAD and is one of the major reasons why patients develop blockages in the artery. This means that having diabetes alone can increase your risks to developing CAD. Death and heart attacks are greater in people who have diabetes than people without diabetes. NOTE: CAD is the number one cause of death in people with type 2 diabetes.

### So What Can Be Done About CAD?

Research has shown that the risk of developing CAD can be reduced by:

- Keeping blood sugar level near normal ranges.
- Keeping blood pressure near normal levels.
- Keeping cholesterol levels near normal levels.

### Know Your ABC's:

If you want to reduce your risk to coronary artery disease with type 2 diabetes, it is important that you know your ABC's:

- A** – A<sub>1c</sub>
- B** – Blood Pressure
- C** – Cholesterol

Research has found that reducing all three of the above can reduce your risk to CAD and is critical for long-term health. Make sure you keep your ABC's in check!

### Pre- Diabetes Signs and Symptoms:

- Increased thirst
- Frequent urination
- Fatigue
- Blurred vision
- Hunger



### ***When to see a doctor?***

*Consult with your doctor if you notice any type 2 diabetes signs or symptoms & ask your doctor about blood glucose screening if you have any risk factors for pre-diabetes, such as:*

- You are overweight.
- You are physically inactive.
- You are over age 45.
- You have a family history of type 2 diabetes.
- You are of African-American, Hispanic, American Indian, Asian-American or Pacific Islander descent.
- You developed gestational diabetes when you were pregnant or you gave birth to a baby who weighed more than 9 pounds (4.1 kilogram).
- You have high blood pressure.
- You regularly sleep fewer than six hours or more than nine hours a night.
- Your high-density lipoprotein (HDL) cholesterol (the "good" cholesterol) is below 35mg/dL  
triglyceride level is above 250mg/dL.



### **Diabetes symptoms are often subtle.**

Diabetes may lead to many health-related problems. Having elevated blood sugar levels make it more difficult to control your blood pressure and cholesterol. Diabetes can affect blood flow to your legs and feet and can cause harm to your kidneys and other important organs.

Understanding possible diabetes symptoms can lead to early diagnosis and treatment — and a lifetime of better health. Please consult with your physician if you have the above symptoms.

**REMEMBER:  
PREVENTION IS BETTER THAN CURE!**

