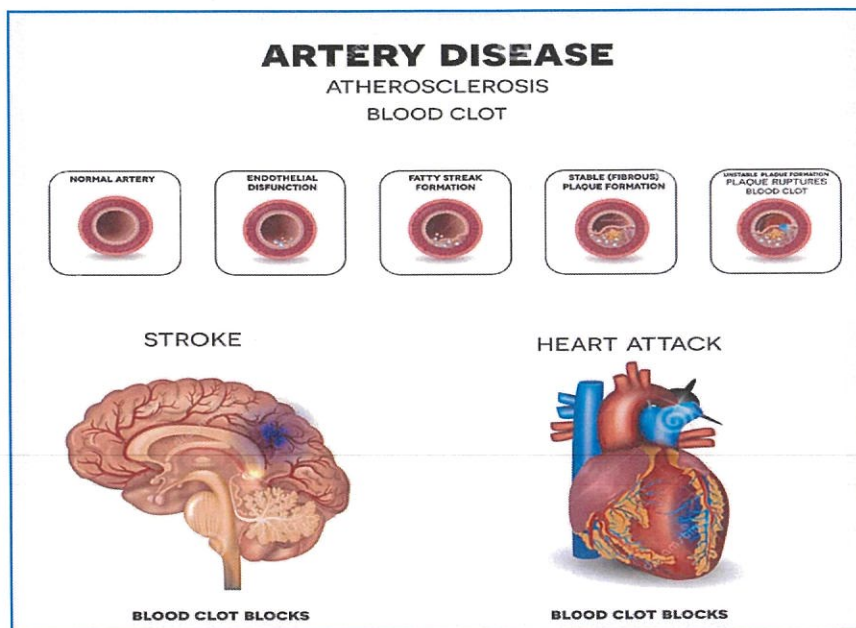




DIABETES COMPLICATIONS part 3



Potential Diabetes Complications: Brain and Heart

- People with diabetes tend to develop heart and brain disease at a younger age than people without diabetes. Adults with diabetes are nearly twice as likely to have heart disease or stroke as adults without diabetes.
- The main mechanism that diabetes affects the heart and the brain is by first damaging and then eventually blocking of the arteries that brings blood to the brain and heart tissue.
- Blocking of a Heart artery is called a **Heart attack** and blocking of a Brain artery is called a **Stroke**.

How can you prevent a heart attack and stroke if you are a Diabetic?

- Reduce your blood sugar to a HbA1c of 7% and below- **This is the most crucial element!**
- Stop smoking.
- Make sure you monitor your Blood Pressure regularly.
- Make sure you get regular aerobic exercise and reduce your weight if you are overweight.
- Test your cholesterol at least once a year to identify if it needs treatment.
- Reduce red meat, refined sugars, and starches in your diet.


Company Medical Doctor

Date: 1/09/2023