

Prevention & Delay ...

You can reduce your risk of cardiovascular diseases significantly by good control of your diabetes. Other preventative measures include

	See your doctor regularly & take your medication as prescribed by your doctor.		If you smoke, get help to quit smoking.
Be physically active		Keep a healthy weight	
	Monitor your blood sugar, blood pressure and blood fat levels as recommended by your doctor and try to keep them within target range.	 	Eat a healthy and nutritionally balanced diet

People with diabetes are two to four times more at risk of a heart attack or stroke than people without diabetes. Heart disease and stroke are the primary causes of death among people with type 2 diabetes.



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HEART CARE



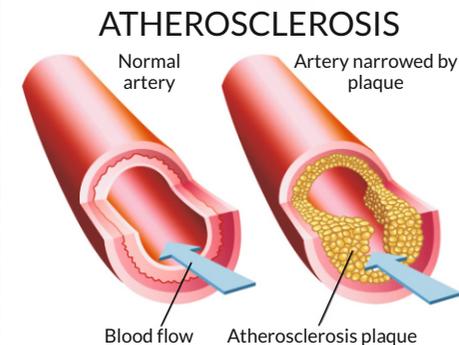
About Diabetes & Cardiovascular (Heart & Blood Vessel) Disease ...

Diabetes is a chronic condition when the amount of glucose (sugar) remains too high in your blood. People with diabetes are at an increased risk of cardiovascular diseases. Your heart is the vital organ that circulates oxygen and nutrients through blood all over your body. Blood vessels transport blood from your heart to all parts of your body. Cardiovascular disease (CVD) refers to any disease that damages your heart and blood vessels.

Risk Factors ...

Factors that can increase your risk of cardiovascular diseases include:

- **Uncontrolled blood sugar levels**
- High blood pressure
- High blood fat (bad cholesterol)
- Lack of physical activity
- Obesity
- Smoking
- Family history



Symptoms ...

Symptoms of cardiovascular diseases can be silent in people with diabetes and can vary from person to person. Some of the common symptoms include:

- Unexplained shortness of breath
- Chest pain/arm pain/abdominal discomfort
- Irregular heartbeat (arrhythmia)
- Swelling in the ankles
- Arm or facial weakness
- Difficulty with speech
- Leg pain while resting
- Sores on the legs that will not heal or keep returning



Investigations ...

Symptoms of cardiovascular disease can be similar to other medical conditions. In addition to a complete history and physical examination your doctor may recommend you to undergo the following tests:

- Urine tests
- Blood pressure check
- Chest x-ray
- ECG (Electrocardiogram)
- TMT (Treadmill Test)
- 2D Echocardiography
- Duplex scan
- CT Angiography/Coronary Angiography