

Lower Your Risk Of Heart Disease

The American Heart Association considers diabetes one of the seven major controllable risk factors for cardiovascular disease (CVD).

In fact, people living with Type 2 diabetes are two times more likely to develop and die from cardiovascular disease, such as heart attacks, strokes, and heart failure, than people who don't have diabetes.

Why are people with Diabetes at increased risk for CVD?

Diabetes is treatable, but even when glucose levels are under control it greatly increases the risk of heart disease and stroke. That's because people with diabetes, particularly Type 2 diabetes, may have the following conditions that contribute to their risk for developing CVD.

High blood pressure (hypertension)

High blood pressure is a major risk factor for heart disease and stroke. Studies have shown a link between high blood pressure and insulin resistance. When

patients have both HBP and diabetes, which is a common combination, their risk for CVD increases even more.

Abnormal cholesterol and high triglycerides

Patients with diabetes often have unhealthy cholesterol levels including high LDL ("bad") cholesterol, low HDL ("good") cholesterol, and high triglycerides. This often occurs in patients with premature coronary heart disease. It's also characteristic of a lipid disorder associated with insulin resistance called atherogenic dyslipidemia, or diabetic dyslipidemia in patients with diabetes. Learn more about cholesterol abnormalities as they relate to diabetes. Download Type 2 Diabetes and Cholesterol (PDF).

Obesity

Obesity is a major risk factor for CVD and has been strongly associated with insulin resistance. Weight loss can improve cardiovascular risk, decrease insulin concentration and increase insulin sensitivity. Obesity and insulin resistance also have been associated with other risk factors, including high blood pressure.

Lack of physical activity

Physical inactivity is another modifiable risk factor for insulin resistance and CVD. Exercising and losing weight can prevent or delay the onset of Type 2 diabetes, reduce blood pressure and help reduce the risk for heart attack and stroke. Any

type of moderate-to vigorous physical activity is beneficial, such as sports, house work, gardening or work-related physical activity.

For overall cardiovascular health, the American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity per week (or a combination of the two), plus moderate-to high-intensity muscle-strengthening activity at least two days per week. Read the article: Get Motivated to Get Moving.

Poorly controlled blood sugar (too high) or out of normal range

Diabetes can cause blood sugar to rise to dangerous levels. Medications may be needed to manage your blood sugar.

Smoking

Whether or not they have diabetes, smoking puts people at higher risk for heart disease and stroke. Learn how to kick the habit.

People with insulin resistance or diabetes and one or more of these risk factors are at even greater risk of heart disease or stroke. People with diabetes may avoid or delay the development of heart and blood vessel disease by managing their risk factors. Your health care team will do periodic testing to assess whether you have developed any of these risk factors associated with CVD.

Source: <https://www.heart.org/en/health-topics/diabetes/diabetes-complications-and-risks>



Fun Facts about Leap Year:

- Julius Caesar introduced the first calendar leap year in 46 B.C.**
 The Earth takes exactly 365 days, five hours, 48 minutes and 45 seconds to circle the sun. The occasional Feb. 29 ensures we don't lose six hours every year.
- Leap year babies are called "leapers" or "leaplings."**
 You'd get a special name, too, if you had to wait four years to celebrate your birthday. On average, everyone shares their birthday with around 21 million people across the planet - unless of course, you're born on Leap Day. It's estimated that worldwide, only around 5 million people have a February 29 birthday.
- Lots of people work for free on Feb. 29.**
 Most employees who are paid fixed monthly incomes will work for free on Feb. 29 because their wages are likely not calculated to include the extra day.





For more information on diabetes, or to make an appointment, call your Weeks primary care provider at 603-788-5095.

The Diabetes Support Group monthly newsletter is produced by Weeks Medical Center Registered Nurse and Diabetes Care and Education Specialist, Ashley Clauss. If you have any questions regarding the Diabetes Support Group, contact Ashley at 603-788-5659. Not only is this support group for patients with diabetes, but also their family, caregiver, and support person. All are welcome. We are always looking for new members!



Next Meeting... Please Join Us

Our next meeting will be on Tuesday, February 27, 2024, from 7:00pm - 8:00pm. This meeting will be located in the Hospital Board Room.

RECIPE OF THE MONTH

Raspberry Swirl Frozen Yogurt Bark

Dive into this light dessert sweetened with Splenda® Multi-Use Syrup. Say goodbye to excess sugar and calories! Enjoy the raspberry swirl complimented by tangy Greek yogurt, fresh blueberries, and a crunch of coconut flakes. Each serving is only 70 calories with 8 grams of protein!

INGREDIENTS

- 2 cups Plain Nonfat Greek yogurt
- 1 tsp pur vanilla extract
- 1/3 cup Splenda® Multi-Use Syrup (divided)
- 1/2 cup fresh or frozen raspberries
- 1/2 cup fresh blueberries
- 1 tbsp unsweetened coconut flakes

DIRECTIONS

1. Cover a freezer-safe tray with parchment paper.
2. In a bowl, stir together yogurt, vanilla, and ¼ cup of Splenda Multi-Use Syrup until evenly combined. Scoop yogurt onto the freezer-safe tray, and carefully spread it out to ¼-inch thickness with a spatula.
3. In a small bowl, add raspberries with 2 tablespoons of Splenda Multi-Use Syrup and mash with the back of a fork. (If using frozen raspberries, microwave until softened.) Mixture should become jam-like. Dollop the raspberry mixture around the yogurt. Using the back of a spoon, create pretty swirls of raspberry red around the yogurt.
4. Sprinkle fresh blueberries and coconut on top. Freeze at least 4hours, or overnight.
5. Remove Yogurt Bark from freezer. Gently break bark into smaller hand-held sized pieces. Enjoy immediately or store in the freezer and use within 1 week.



NUTRITION FACTS

Servings Per Recipe: 6, Serving Size: 1 slice (4x4 inch square), Calories 70, Total Fat 1g, Satfat 0g, Trans Fat 1g, Cholesterol 5mg, Sodium 25mg, Total Carbohydrated 18g, Dietary Fiber 1g, Total Sugars 4g, Protein 8g,

https://www.diabetesfoodhub.org/recipes/raspberry-swirl-frozen-yogurt-bark.html?home-category_id=1