

How Diabetes Affects Your Heart

Type 2 Diabetes & Heart Disease

People with uncontrolled diabetes have increases the risks of cardiovascular disease over time because high blood sugar can damage blood vessels and nerves that control the heart.



Asian Americans & Heart Disease Risk

- Chinese American have a greater risk for strokes and high blood pressure compared to Caucasians. Also, Asian Americans are more likely to suffer from stroke complications such as difficulty swallowing, and loss of the ability to move part of your body
- Northern California study: Japanese and Chinese women were more likely to have clogged arteries which increases blood pressure and risk for heart attacks and strokes

Prevention & Management

1



2



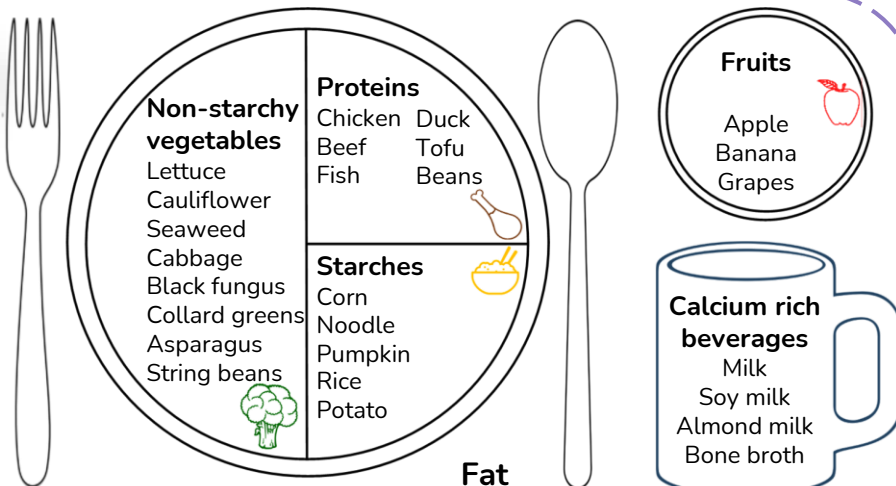
Monitor your blood sugar, cholesterol, and blood pressure at home and with regular check-ups with your doctor.

3



30 minutes of walking, 4-5 times per week with a 5-10% weight loss for overweight or obese individuals can reduce Type 2 diabetes risk by over 50%!

4



Control blood sugar with a well-balanced diet of fruits, vegetables, lean protein, whole grains, and minimal fat.

5



Limit saturated and trans fats, and sodium found in butter, pastries, fried foods, soy sauce, and preserved foods. Eat more heart healthy fats found in fish, nuts, seeds, sesame/olive oil, and avocados.



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