

Health Bulletin



Cholesterol And Hypertension Uncontrolled In Most People With Diabetes

(NAPSA)—The statistics that link diabetes, heart disease and stroke are alarming. Despite scientific evidence showing that two out of three people with diabetes die from heart disease or stroke, most people with diabetes are still failing to meet the important blood pressure and cholesterol goals necessary to reduce their cardiovascular risks.

Several research studies presented at the American Diabetes Association's Annual Scientific Sessions in June 2004 indicate that most people with diabetes are not meeting their blood pressure and cholesterol goals and are putting themselves at increased risk for heart disease and stroke. Some of the research findings indicate that:

- Only 37 percent of people with diabetes meet the ADA's target goal for LDL, or "bad," cholesterol (≤ 100 mg).
- Nearly half of all people with diabetes have uncontrolled high blood pressure.
- Many diabetes specialists still do not recognize that diabetes is a "coronary equivalent" and, therefore, do not set low enough cholesterol goals for their diabetes patients.

While managing blood glucose (sugar) has always been and remains a cornerstone of diabetes care, diabetes requires a comprehensive program that includes management of blood glucose, blood pressure and cholesterol.



These key components of care are called the ABCs of Diabetes.

- A1C (A-one-see), a test that measures average blood sugar over the past 3 months: less than 7
- Blood pressure: below 130/80
- Cholesterol (LDL): below 100

If you have diabetes, talk to your health care provider about steps you can take to reach your ABC goals. You may have to make changes to your meal plan or exercise plan. Usually medicines are needed to keep your ABCs on track.

Make the Link! Diabetes, Heart Disease and Stroke is a joint initiative of the American Diabetes Association and the American College of Cardiology that works to increase awareness of the link between diabetes and heart disease and help educate physicians and people with diabetes about how to reduce those risks. For more information, or to receive materials from Make the Link!, log onto www.diabetes.org/MakeTheLink or call 1-800-DIABETES (1-800-342-2383).