



## NATIONAL DIABETES MONTH 2019

October 25, 2019 | November is National Diabetes Month and this year the experts are focusing on the link between diabetes and cardiovascular disease.

Did you know, adults living with diabetes are more likely to develop heart disease and have a greater chance of a heart attack or stroke? Two times more likely, to be exact.

Similarly, people with diabetes are also more likely to have certain conditions, or risk factors, that increase the chances of having heart disease or a stroke, such as high blood pressure or high cholesterol.

Why is this you may ask? Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Thus, making your heart work harder to do its job. So, the longer you have diabetes, the higher the chances that you will develop heart disease.

The good news? There are steps you can take to manage your diabetes and help lower your chances of having heart disease or a stroke.

District Health Department #10 (DHD#10) and the National Institute of Diabetes and Digestive and Kidney Diseases suggests following these steps:

1. Stop smoking or using other tobacco products
  - Start by calling 1-800-QUITNOW, visiting [smokefree.gov](http://smokefree.gov) or [www.livewell4health.org/tobacco-cessation](http://www.livewell4health.org/tobacco-cessation)
2. Manage your A1C, blood pressure, and cholesterol levels
  - Ask your health care team what your goals should be
3. Develop or maintain healthy lifestyle habits
  - Be physically active and make and follow a healthy eating plan
4. Learn ways to manage stress
  - Try deep breathing, doing yoga, or taking some time for yourself
5. Stay on top of your medications
  - Take medicines as prescribed by your doctor

### About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).



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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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