



Make the Link

and be smart about your heart!

If

you have diabetes, heart disease is more likely to strike you than someone without diabetes

Take action and follow your doctor's advice:

- **Get physically active every day**
- **Stay at a healthy weight**
- **Stop smoking**
- **Eat less fat and salt**
- **Eat more fiber—whole grains, fruits, vegetables, and beans**
- **Take medicines as directed**
- **Ask your doctor about taking aspirin**
- **Get your blood pressure and cholesterol checked regularly**
- **Ask your doctor where you can get diabetes classes and advice about what to eat.**
- **Ask family and friends to help you stay healthy.**

These resources can help you control your diabetes and lower your risk for heart disease and stroke:

- CheckUp America
www.checkupamerica.org
- The Heart of Diabetes
www.iknowdiabetes.org/
- Diabetes, Heart Disease & Stroke
diabetes.niddk.nih.gov/dm/pubs/stroke
- Take Care of Your Heart. Manage Your Diabetes
<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=127>
- For a list of support groups near you, call the American Diabetes Association at **1-800-DIABETES** (1-800-342-2383) or visit <http://www.mn-dc.org/links.html>
- Do you or someone you know want to quit smoking? Call QUITPLAN at **1-888-354-PLAN** (1-888-354-7526) [in English, Spanish] or visit www.quitplan.com



- American Diabetes Association - Minnesota Area
- Blue Cross and Blue Shield of Minnesota
- Health Partners
- Institute for Clinical Systems Improvement (ICSI)
- Itasca Medical Care (IMCare)
- Medica
- Metropolitan Health Plan
- Minneapolis St Paul Diabetes Educators
- Minnesota Department of Health
- PreferredOne
- PrimeWest Health
- South Country Health Alliance
- Stratis Health
- UCare



Minnesota Diabetes & Heart Health Collaborative