



LDL or "bad" cholesterol can build up and clog your blood vessels, leading to a stroke or heart attack. HDL or "good" cholesterol helps remove the "bad" cholesterol from your blood vessels.

is for **CHOLESTEROL**, and there are two kinds of cholesterol in your blood: LDL and HDL.

is for **BLOOD PRESSURE**, which is important because if it gets too high, it can cause a heart attack, stroke, or damage to your kidney and eyes. The goal for most people with diabetes is below 140/90.

is for **A1C TEST**, which measures your blood sugars levels over the past 3 months. The A1C goal for many people with diabetes is below 7%. Before a meal (plasma glucose levels) should measure 80-130 mg/dL. 1-2 hours after beginning a meal (plasma glucose levels) should measure less than 180 mg/dL.

Know your ABC's of diabetes:

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WOMEN, DIABETES & HEART HEALTH



WOMENHEART

THE NATIONAL COALITION FOR
WOMEN WITH HEART DISEASE

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WOMENHEART: The National Coalition for Women with Heart Disease is the nation's first and still only patient centered organization serving millions of American women living with or at risk for heart disease — the leading cause of death in women. WomenHeart is solely devoted to advancing women's heart health through advocacy, community education, and the nation's only patient support network for women living with heart disease. WomenHeart is both a coalition and a community of thousands of members nationwide, including women heart patients and their families, physicians, and health advocates, all committed to helping women live longer, healthier lives. To learn more or to donate visit womenheart.org.

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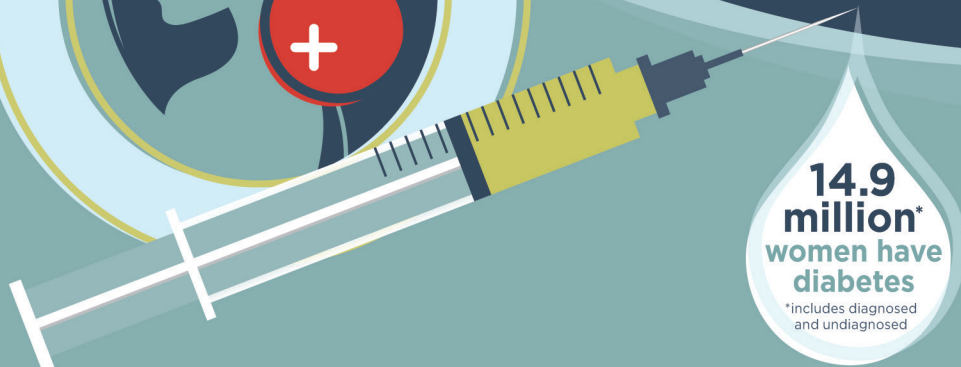
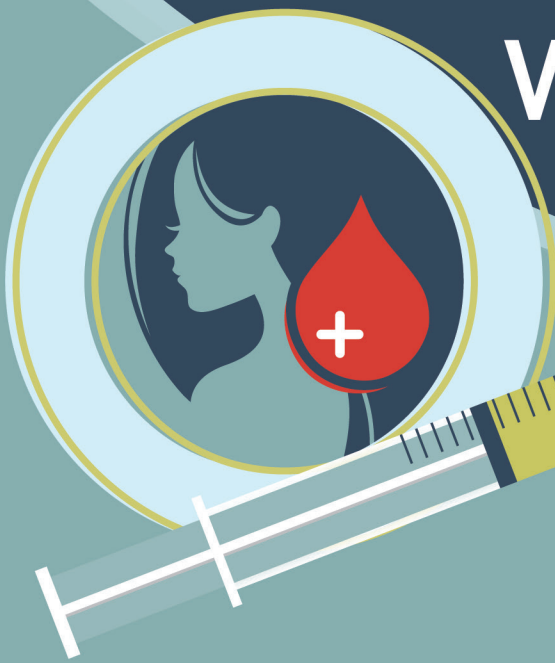
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WOMEN, DIABETES & HEART HEALTH



14.9 million*
women have
diabetes

*includes diagnosed and undiagnosed

13.2% of African-American women have diabetes

11.7% of Hispanic-American women have diabetes

↳ That is **2x the prevalence** of diabetes among Caucasian women

3.1 million women who have diabetes are undiagnosed

39.5 million women have pre-diabetes

Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>.

DIABETES + heart health

Almost 7 out of 10 people with diabetes over age 65 will die due to heart disease

40% Women with diabetes are 40% more likely to develop heart disease

25% Women with diabetes are 25% more likely to have a stroke than men

Risk factors for type 2 diabetes:

- being overweight
- 45 years or older
- family member with Type 1 or Type 2 diabetes
- race/ethnicity
- had gestational diabetes before
- smoking
- high blood pressure

Centers for Disease Control and Prevention. <https://www.cdc.gov/features/diabetes-heart-disease/index.html>.
Office on Women's Health. <https://www.womenshealth.gov/a-z-topics/diabetes>.

SIGNS & SYMPTOMS



Feeling more tired than usual



Urinating more than usual



Extreme thirst



Blurry vision



Feeling hungrier than usual



Losing weight without trying



Dry, itchy skin



Tingling in hands or feet



Office on Women's Health.
<https://www.womenshealth.gov/a-z-topics/diabetes>.

