

Diabetes Awareness Month

November is Diabetes Awareness Month. Approximately 24 million Americans are living with diabetes. If current trends continue, it is believed that one out of three children will develop diabetes in his or her lifetime.



Diabetes results when the body does not produce or effectively use insulin. This, in turn, causes blood sugar levels to rise. A person with a fasting blood sugar greater than 126 is considered diabetic. If a patient has signs of diabetes (fatigue, increased urination, blurred vision, unexplained weight loss), a random blood sugar over 200 is considered diabetes.

Complications of diabetes include blindness, kidney failure

(end stage renal disease requires dialysis), and limb amputations. Diabetes is also a major risk factor in the development of heart disease and stroke.



Cardiovascular disease is the leading cause of death in people with diabetes. Diabetics have a two to four fold increased risk of dying from complications of cardiovascular disease. In other words, a person living with diabetes has the same risk for having a heart attack as someone who has already had a heart attack.

It is imperative that people living with diabetes learn how to control their blood sugar levels, blood pressure, and cholesterol levels.

Created by the American Diabetes Association and the American College of Cardiology, *Taking Care of Your Heart* offers great information about diabetes and heart disease. Download the handout at:

<http://www.diabetes.org/uedocuments/18-YourHeart.pdf>

To learn more about diabetes and heart disease, visit:

<http://www.diabetes.org/type-1-diabetes/well-being/link-patient.jsp>

<http://www.cdc.gov/Features/Livingwithdiabetes/>

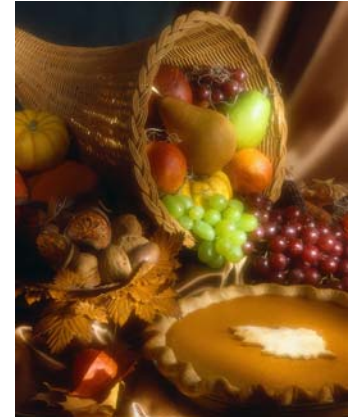
Contact Us

Cardiology of Virginia
804-560-8782
www.cardiovirginia.com

Holiday Heart

With the holiday season fast approaching, we offer a few reminders on how to stay healthy during the holidays.

- Eat and be merry, but do not overdo it. Fresh fruits and vegetables are healthier options than extra servings of cookies and pie.
- Adhere to your usual exercise routine.
- Ask your physician about the seasonal flu and H1N1 flu vaccines.
- The American Heart Association recommends annual flu vaccinations for all heart patients (unless specifically contraindicated).
- Wash your hands frequently. Cover your mouth when sneezing or coughing.
- Stay home if you are sick.
- Pack your medications on your carry-on luggage.
- If traveling, bring a copy of your medical history and your physician's contact information.
- If traveling long distances, remember to get up and move your legs often. This will help the blood circulation in your legs.
- **Always respect your symptoms.** Do not delay in seeking medical attention.



Have a safe and happy holiday season!

Give Us A Check Up!



The physicians and staff at Cardiology of Virginia are committed to providing quality service to you - our patients. Please take a moment to rate your recent experience with us. Visit our website at www.cardiovirginia.com to complete a patient satisfaction survey. You can find the survey under the "For Patients" section of the website.

Thank you for your time and consideration.