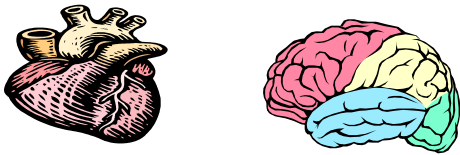

Diabetes Complications and the arteries

Uncontrolled diabetes and high cholesterol levels affect circulation in the small and large arteries in our bodies. This causes hypertension (high blood pressure). When the small arteries are affected, the eyes, the nerves and the kidneys may suffer irreversible damage. When the large arteries, such as the heart, are affected one may suffer a heart attack. If the arteries in the brain are affected, there is a risk of stroke that may lead to paralysis.



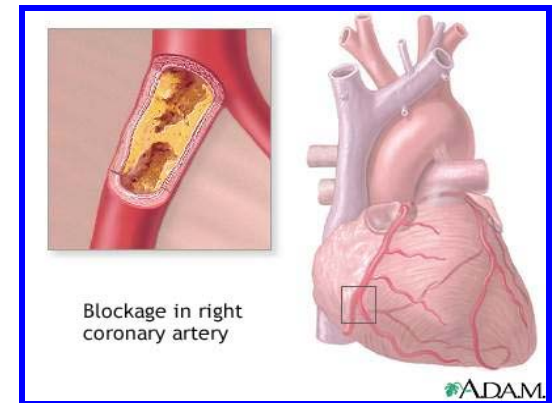
Diabetes management classes will help you to better understand these complications and with an individualized meal plan, you may be able to lower your weight, lower your blood sugar levels, and reduce your risk for these complications!



El Paso Diabetes Association
1440 Miracle
El Paso, Texas 79925
Phone: 915-532-6280 Fax: 915-598-EPDA



Cardiovascular Disease and Diabetes



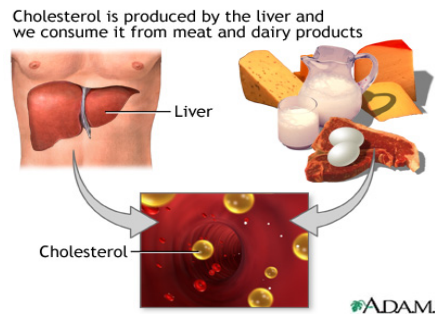
El Paso Diabetes Association
EPDA (915) 532-6280

1440 Miracle Way, El Paso, Texas 79925
www.epda.cc
Prepared by Ethel Martinez

What is Cholesterol?

Cholesterol is a waxy like type of fat that our body produces. Cholesterol and other lipids such as triglycerides are important for cell and energy producing hormone formation.

Cholesterol levels depend on what a person eats and the amount of cholesterol that is produced by the liver.



High cholesterol levels can cause heart problems, hypertension, heart attack, kidney failure, and or stroke.

Causes of high cholesterol

- Genetics/ Heredity
- Overproduction by the liver
- Consuming foods high in saturated fats
- Being overweight or obese
- Sedentary lifestyle
- Having Diabetes

Treatment

- Eat healthier, low fat foods
- Eat plenty of fiber, fruits and vegetables
- Have routine lab work done
- Consult your Doctor
- Take medications as prescribed



Excercise help to control HTN , cholesterol glucosa + wt

levels	Normal Ranges
-----	TRG: 150mg/dl or less
-----	TC: 200mg/dl or less
-----	HDL: 60mg/dl or more
-----	LDL: 100mg/dl or less
-----	RatioTC/HDL:4.5 or less

The El Paso Diabetes Association offers the following services:

- Diabetes Self Management classes
- Specialized classes featuring local doctors with different topics each month, such as, cholesterol, hypertension, foot , eye and kidney complications, etc...
- Weight management for children and adults
- Cholesterol testing, Hemoglobin A_{1c} testing and blood sugar testing
- Healthy cooking classes
- Exercise
- Support groups in English and Spanish

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