

## DIABETES

### How does diabetes affect my heart?

Diabetes increases the risk of high blood pressure, atherosclerosis (narrowing of the arteries), coronary artery disease and stroke, particularly if your blood sugar levels are poorly controlled. It can also result in circulation problems caused by damage to the blood vessels.

How can I keep my blood sugar levels healthy?

- Take your medications as prescribed
- Learn about managing diabetes by seeing a diabetes educator
- Monitor and keep track of your blood sugars
- Target: blood sugar before meals between 4.0 and 7.0 mmol/L for most people
- Make healthy food choices for your heart health and diabetes
- Be active every day and follow a Physical Activity Plan
- Achieve and maintain a healthy body weight
- Visit your family doctor or diabetes team regularly

It's natural to have questions about what food to eat. A registered dietitian can help personalize your meal plan. Your diabetes nurse is Christina Hoye, RN CDE at 613-476-0400 ext. 212.

### ADDITIONAL MEAL PLANNING TIPS

1. Eat 3 meals per day at regular times.
2. Space your main meals no more than 6 hours apart. You may benefit from a healthy snack.
3. Limit sugars and sweets such as sugar, regular pop, fruit drinks, desserts, candies, jam, syrup and honey. The more sugar you eat, the higher your blood sugar will be.
4. If you are thirsty, drink water or sugar free drinks. If you have a condition requiring fluid restriction, follow your personalized recommendations.
5. Be mindful of portion sizes that will help you maintain a healthy body weight and promote good blood sugar.

My normal A.M. blood sugar \_\_\_\_\_

My normal after exercise blood sugar is \_\_\_\_\_

References: Canadian Heart and Stroke Foundation  
Ottawa Heart institute Cardiac Rehabilitation