

# SSMC

مدينة الشيخ شخبوط الطبية  
Sheikh Shakhbout Medical City

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## Please contact us:

- to cancel or reschedule your procedure
- for pre-procedure prep or medication questions

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## Tips to Prevent Heart Disease

## 1 Keep your blood sugar level under control

Keeping your blood sugar level under control will lower your risk of heart disease. By exercising often and eating a healthy diet, many people with type 2 diabetes (the kind of diabetes you're not born with) can keep their blood sugar levels nearly normal. Some people have to take medicines to control their blood sugar levels.

## 2 Lose weight – and keep it off

Weight loss is important if you have a lot of extra weight around your waist and tummy. You don't have to lose a huge amount to lower your risk for the heart disease. Losing even 5kg can help.

## 3 Lower your cholesterol level

If your doctor says your cholesterol level is too high, what can you do about it? Lose weight and eat a healthy diet. Your diet should limit the amount of fatty and cholesterol-rich foods you eat.

## 4 Increase your physical activity

Along with diet, exercise is very important for people with diabetes. Diet and exercise work together to help your body function properly. If you have changed your diet to lose weight, exercising can help you lose weight faster.

## 5 Control your blood pressure

The same lifestyle changes that control blood sugar levels and lower your risk for heart disease may also keep your blood pressure at safe levels. Weight loss and exercise are important. The more weight you lose, the more you lower your blood pressure. It is also important not to drink very much alcohol.

If your blood pressure does not come down enough with exercise and diet, your doctor might have you take medications that will help.

## 6 If you smoke, stop smoking

Smoking is bad for everyone, but it is even worse for people with diabetes because it damages the blood vessels. If you have diabetes and you also smoke, you double your risks of getting heart disease. Worse still, if you keep smoking while you try to reduce other risks (like losing extra weight), you won't be able to exercise as much and you probably won't lose the weight you need to.

### REMEMBER

Diabetes, heart disease, hypertension and obesity are interrelated. Diet and exercise are good ways to control all these conditions and thereby reduce the risks of heart disease. If this measure fails may consider medications. You can do a lot to help with your own efforts.