

## Diabetes and Your Health

### Did you know?

*Low-dose aspirin can help people with diabetes lower their risk for heart attack and stroke.*

*Taking an aspirin every day is not safe for everyone. Talk to your doctor to see if it is safe for you to take.*

### High blood pressure and diabetes

Good blood pressure control is important for a person with diabetes because it increases his or her chance of having high blood pressure.

Diabetes and high blood pressure both increase the risk for heart attack or stroke.



**The only way to know if you have high blood pressure is to have it checked.** If you have diabetes, you should have your blood pressure checked every time you see your doctor. People with diabetes should try to keep their blood pressure lower than 130 over 80.

### Keeping cholesterol in check

If you have diabetes, it is important to eat less “bad fat” (saturated fat and trans fat) and cholesterol. These can cause serious health problems, like heart attack and stroke.

### Tips to control your blood pressure and cholesterol

- Bake or broil your foods.
- Eat a healthy diet with lots of vegetables, whole grains and fiber.
- Eat a diet that is low in sodium (salt), saturated fat and cholesterol.
- Take your blood pressure or cholesterol medicine every day (if prescribed).
- Be active. Exercise each day.
- If overweight, try to lose weight.
- Do not use tobacco products.
- Have your cholesterol and other blood fats checked by your doctor every year.

**SoonerCare**  
Oklahoma Health Care Authority

For more information, contact:

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