

August 2019

Making the Heart Health & Diabetes Connection

Are patients aware of the link between heart health and diabetes? In a [recent article](#), [diaTribe](#) describes how they partnered with a market research company to answer this question and others:

1. Are people aware of the higher risk of heart disease with diabetes?
2. Are people aware of the cardioprotective effects of certain diabetes drugs?
3. Are people with diabetes taking steps to lower the risk of heart disease?
4. *Are healthcare professionals talking to people with diabetes about the risk of heart disease and/or various means of cardioprotection?*

Of the 927 people with type 2 diabetes who were surveyed, 89% agreed that having diabetes increases risk of heart disease, though 37% had not seen a cardiologist or talked to any health care professional about the risk of heart disease in the past year.

Call to action: [The American Heart Association](#) considers diabetes one of seven major controllable risk factors for cardiovascular disease. As providers of health care, it is important to talk with patients about how diabetes and cardiovascular disease are related to help avoid or delay future complications.

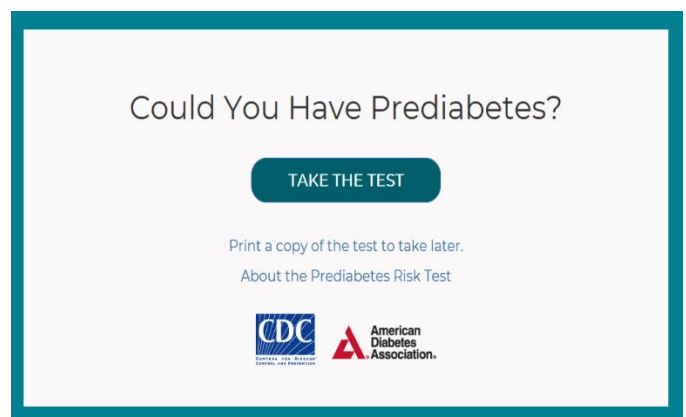
Read the full article from diaTribe with additional survey results [here](#).

Updates to the CDC's Prediabetes Risk Test

Having [prediabetes](#) means that a person's blood sugar levels are above normal, but not high enough to be diagnosed with diabetes. In the US, 1 in 3 adults has prediabetes and may not know that they have it (or what it is).

The good news: while having prediabetes means that a person is at risk for developing type 2 diabetes, they have not developed it yet and can prevent it with lifestyle changes like eating healthy and increasing physical activity as well as enrolling in the [Diabetes Prevention Program](#) (DPP) for support.

How can we identify patients with prediabetes?



The CDC recently updated its Prediabetes Risk Test to align with the American Diabetes Association risk assessment to promote consistency in the way we determine risk for developing type 2 diabetes. Access the test in multiple forms at the following links:

- [Click here](#) for a web version of the test
- [Click here](#) for a printable PDF version

Tip: Include the Prediabetes Risk Test in new patient paperwork to understand individuals' risk for developing type 2 diabetes and start conversations about prevention early.

Cholesterol: What can (and can't) we control?

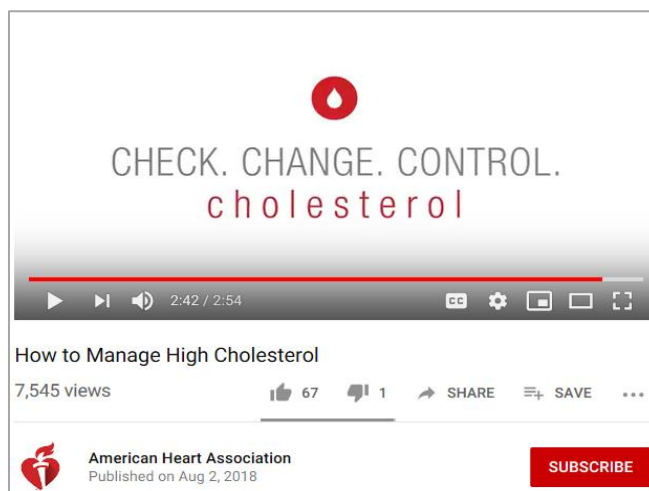
[High cholesterol](#) is a major contributor to risk for heart attack and stroke. Many of the risk factors for high cholesterol can be controlled, such as:

1. Eating a heart-healthy diet
2. Increasing physical activity
3. Losing weight – *being overweight or obese tends to lower HDL and raise LDL levels*
4. Quitting smoking

Unfortunately, some people can't control their cholesterol with lifestyle changes alone. One reason for this may be [familial hypercholesterolemia](#) (FH), a genetic disease that increases LDL (bad cholesterol) levels.

People with FH will still benefit from making lifestyle changes, but many will also need medications – statins or other cholesterol-lowering drugs – to lower LDL cholesterol levels.

Talk with patients about the high cholesterol risk factors they can and may not be able to control and share this [brief video](#) from the American Heart Association for more information.



Contacts:

Andrea Boucher
248-465-7362
aboucher@mpro.org

Julee Campbell
248-912-6702
jcampbel@mpro.org