



Cardiovascular & Diabetes Health E-Update

June 2020

A Final Update

It has been a pleasure providing our readers with relevant cardiovascular and diabetes related content. June 2020 will be our final E-Update. We hope you have found the information in these updates to be helpful. We will continue to be available at the contact information provided at the end of this update, should you need to reach us.

A Note on COVID-19

Thank you to health care providers, first-responders and essential employees for all that you are doing for patients and communities during this challenging time. Your commitment and efforts are very much appreciated as we all work together to slow the spread of this virus. Current COVID-19 resources and news can be found at:

www.cdc.gov/coronavirus

www.michigan.gov/coronavirus

Men's Health Month

Hypertension

Heart disease is the leading cause of death for men in the United States, responsible for one in every four male deaths. Men's Health Month and Father's Day on June 17 make June the perfect time for health care providers and family members to have heart-to-heart conversations with Dad about heart health. High blood pressure is one risk factor for heart disease - **the best protection is knowledge, management and prevention.**

- It's important to encourage patients to get their blood pressure checked regularly and to [Know Their Numbers](#)
- Educate on the importance of a [heart-healthy diet](#) to prevent or manage high blood pressure
- Promote [balance exercise](#) which is one of the four types of exercise along with [strength](#), [endurance](#) and [flexibility](#)

Call to Action!

Health care providers, honor #MensHealthMonth by talking to your patients about their #BloodPressure. Check out this [visit check list](#) that include 6 important questions you should ask!

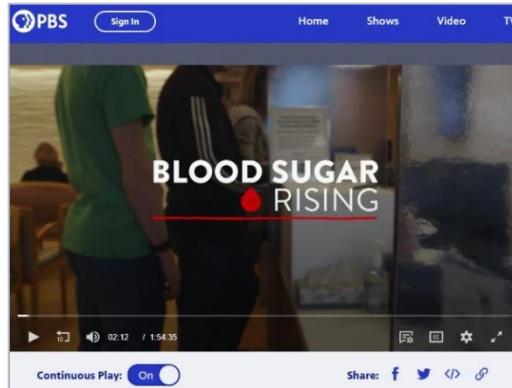
Blood Sugar Rising: America's Hidden Diabetes Epidemic

According to the [National Diabetes Statistics Report](#), 10.5% of the US population has diabetes, 34.5% of US adults have prediabetes, and 21.4% of people with diabetes are undiagnosed.

[Blood Sugar Rising: America's Hidden Diabetes Epidemic](#), a PBS film special that premiered in April 2020, follows this epidemic in the US, puts faces to the statistics and explores the history and science of diabetes through real peoples' stories.

Visit [PBS' webpage](#) to find:

- [Blood Sugar Rising Preview](#) (2m 14s)
- [Blood Sugar Rising: America's Hidden Diabetes Epidemic](#) (1h 54m)
 - Also available in [Spanish](#) (1h 56m)
- [Portraits of an Epidemic](#)



Call to Action!

View and share the PBS special [Blood Sugar Rising](#). Visit the film's webpage for personal stories from people living with diabetes.

Preventing High Cholesterol

Nearly 1 in 3 US adults has [high cholesterol](#), a risk factor for heart disease and stroke. Because high cholesterol does not have signs and symptoms, it's important to promote regular testing and educate patients on what they can do to achieve [healthy levels](#). Living a healthy lifestyle can help prevent high cholesterol, including making healthy food choices, maintaining a healthy weight, getting regular physical activity, limiting alcohol consumption and quitting smoking.



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Too much cholesterol circulating in our blood builds up on artery walls and causes arteries to harden over time. Similarly, [smoking damages blood vessels](#) and can speed up this hardening of the arteries which can slow or block blood flow, greatly increasing risk for heart disease. When it comes to high cholesterol and smoking, quitting (or never starting) will lower overall risk for heart disease.

For patients looking for help to quit tobacco, the [Michigan Tobacco Quitline](#) offers flexible support to participants enrolling online or by phone. Participants can access coaching by phone with support by email, text or instant message, pharmacotherapy for those who qualify, planning and educational materials, and membership in an online community.



Visit <https://michigan.quitlogix.org/en-US/> for more information and to learn [how to refer patients](#) using provider web referral, eReferral and Fax referral.

Call to Action!

Talk with patients about high cholesterol, smoking, and the impact they have on the risk for heart disease and stroke. For patients looking for help to quit smoking, check out the variety of support services offered by the [Michigan Tobacco Quitline](#)!

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