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DIABETES AND HEART DISEASE

ASCENSIA™ CARE HEALTH FACTS



Bayer HealthCare

Heart disease is a risk for everyone, but having diabetes raises your risk. Having diabetes also makes you think more about your health. So you already make healthy choices to control your diabetes. Many of these choices can also help lower your risk of heart disease. Eating properly, staying active, and working with your healthcare team will go a long way in keeping you healthy.

Just remember—the power to manage your diabetes is in your hands.

For more information about Ascensia™ Diabetes Care Solutions from Bayer, or help with Reimbursement for your testing supplies, call our toll-free Customer Service Help Line at 1-800-348-8100 (24 hours, 7 days a week).

You can also visit our web sites at:

www.ascensia.com
www.bayercaresdiabetes.com
www.ascensiadreamfund.com



 **Ascensia Care™**
Diabetes Support from Bayer

Diabetes and Heart Disease

Diabetes raises your risk of getting heart disease by 2 to 4 times. You can lower that risk a lot if you follow a healthy lifestyle plan. What is a healthy lifestyle plan? It begins with keeping your diabetes in good control and being aware of your diet and exercise. As well, it means watching your blood fat levels and lowering other risk factors. Everyone should have a healthy lifestyle plan, but it is really key for people with diabetes.

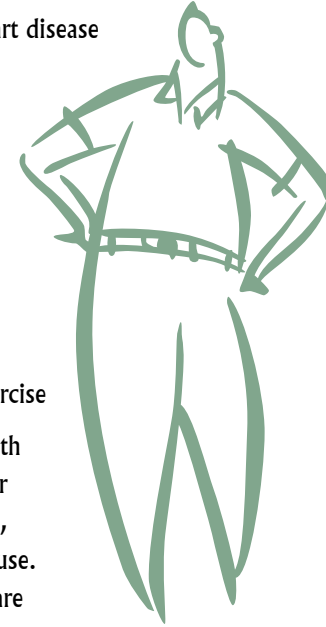
Helpful Definitions:

- **Lipids** – blood fats
- **Cholesterol** – a waxy, fat-like substance made by the liver that helps your cells function. Your body makes all the cholesterol it needs.
- **LDL (low-density lipoprotein)** – known as the “bad cholesterol”, because it sticks to the walls of your blood vessels.
- **HDL (high-density lipoprotein)** – known as the “good cholesterol”, because it carries away the sticky (LDL) cholesterol.
- **Triglycerides** – another kind of fat in your blood. Levels can go up after eating a high fat meal.
- **Lipid Profile** – a series of lab tests including LDL, HDL and triglycerides.

What are the risk factors for heart disease?

There are many risk factors for heart disease. These include:

- Age: over 45 years old if you’re male, over 55 years old if you’re female
- Family history of heart disease
- Smoking
- High blood pressure
- Low HDL
- High LDL
- High Triglycerides
- High Cholesterol
- Little or no daily exercise
- Diabetes (Women with diabetes are at higher risk for heart disease, mainly after menopause. Talk to your healthcare team about your risk. Hormone replacement may help.)



The more risk factors you have, the greater your risk. Since you can’t control some of these factors, it helps to change what you can control, like lowering your cholesterol.

How do I lower my cholesterol levels?

Your healthcare team will help you come up with a healthy lifestyle plan. This chart will give you an idea of what your team looks for, and what they might recommend.

| Type of blood fat | Best result | Risk goes up when levels are: | What to do to lower your risk |
|------------------------|--|-------------------------------|---|
| Cholesterol | Less than 200 mg/dL | HIGH | Eat less saturated fat Eat less cholesterol |
| LDL (bad cholesterol) | Less than 100 mg/dL if you have diabetes | HIGH | Eat less saturated fat Eat less cholesterol Maintain a healthy weight Medication (if prescribed) |
| HDL (good cholesterol) | More than 45 mg/dL | LOW | Exercise regularly Stop smoking Maintain a healthy weight |
| Triglycerides | Less than 200 mg/dL Less than 150 mg/dL if you have heart disease | HIGH | Cut down on alcohol Exercise regularly Maintain a healthy weight Eat fewer simple sugars Eat less saturated fat Medication (if prescribed) |

What's wrong with a little fat?

Nothing. Fats are part of a healthy diet. However, fats are very high in calories. In fact, one gram of fat has 9 calories, while a plain potato (no butter!) has only 4 calories per gram. We all know that eating too much fat will make you put on weight. That's why only about 30% of your total daily calories should come from fat.



What are the differences between different kinds of fat?

Not all fats are created equal. In fact, some fats are better for you than others. The following list describes the different kinds of fat in food, from good to bad.

Polyunsaturated fats – found in vegetable or plant oils (sunflower, safflower, corn, soybean, sesame and cottonseed) as well as in fish. These are liquid at room temperature.

Monounsaturated fats – found in vegetables and plants (olive, canola and peanut). These are also liquid at room temperature. They tend to lower LDL a little.

Dietary cholesterol – found in foods of animal origin. Dietary fats raise cholesterol when eaten in large amounts, but not as much as saturated fats.

Saturated fats – found in foods of animal origin (meat, dairy products), and tropical oils (palm, coconut, and cocoa butter) and hydrogenated vegetable oil. These are solid at room temperature. Saturated fats raise cholesterol, and should make up no more than 10% of your total calories.

Trans fats or Hydrogenated fats – poly or mono-unsaturated fats that are changed to act like saturated fats (margarine, shortening). They are used in baked goods (cookies, pie, pastry) and fast foods. These have been made solid at room temperature. They raise cholesterol.

How can I avoid too much fat in my diet?

To cut down on fat and cholesterol in your diet, try these tips:

- Broil, bake, steam, barbecue or microwave rather than fry
- Season with herbs and lemon juice rather than butter or margarine
- Choose fat-free or low-fat dairy products
- Choose lean cuts of meat—trim off the fat
- Avoid bacon, sausage and fatty lunch meats
- Remove the skin from chicken and turkey
- Choose fresh vegetables—avoid sauces and butter
- Choose fat-free or low-fat salad dressing
- Use half of the fat that a recipe calls for



Are there any foods that can help?

Foods that are high in fiber can help lower cholesterol and control your weight. There are two kinds of fiber, soluble and insoluble. Soluble fiber dissolves in water, and is found in beans, barley, and some fruits and vegetables. It may help to lower high blood cholesterol levels and keep blood sugar levels under control. Insoluble fiber does not dissolve in water, and is found in wheat bran, whole grains, and vegetables. A high-fiber, low-fat diet may help

reduce the risk of some types of cancer. Both kinds of fiber are part of a healthy diet—make sure you get enough.

- Eat 5 or more servings of fresh vegetables and fruits a day
- Choose raw vegetables and whole fresh fruit with the skin
- Choose whole grain breads, oatmeal and brown rice
- Eat low-salt beans, peas and lentils instead of red meat a few days a week

What else can I do?

Make healthy choices.

- Eat right
- Get some exercise
- Maintain a healthy weight
- Check your blood sugar
- Take your medicines as directed
- Visit your healthcare team
- Take time to relax
- Learn more about diabetes and your health (see our Ascensia™ Care Health Facts brochures on Take-charge Management, Nonprescription Drugs, Blood Sugar Testing, Ketone Testing, and A1C Testing).

