

# heart health &you

AMERICAN IDOL JUDGE

**RANDY  
JACKSON**

ON DIABETES AND  
HEART DISEASE

**HEART  
DOCTORS**

**CHOLESTEROL  
CONFUSION**

EATING TO LOWER  
**BLOOD  
PRESSURE**

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# Monthly Blood Pressure Diary

Month \_\_\_\_\_

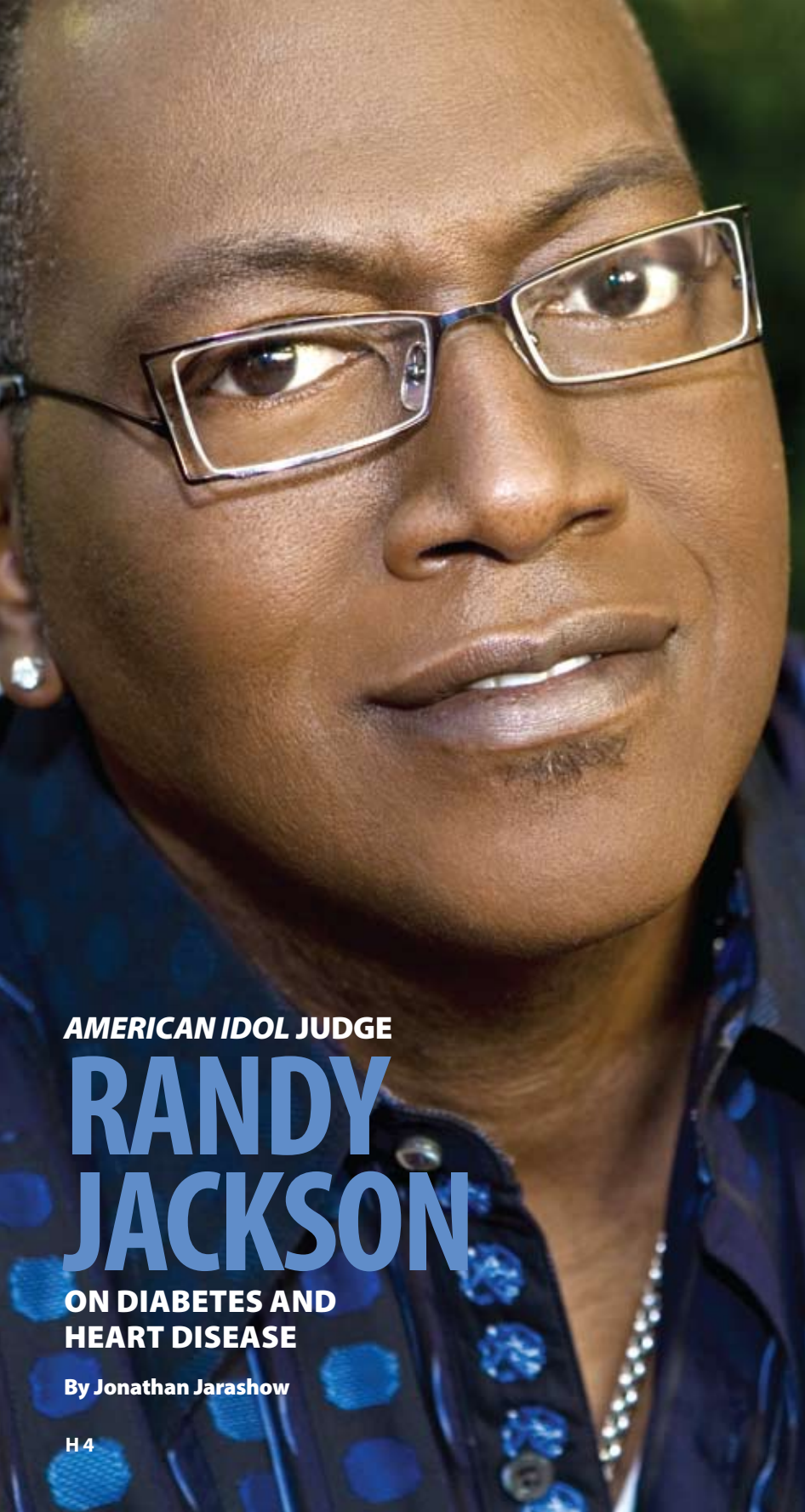
Day of Month	AM	Systolic/Diastolic	Pulse	PM	Systolic/Diastolic	Pulse
1		/			/	
2		/			/	
3		/			/	
4		/			/	
5		/			/	
6		/			/	
7		/			/	
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30		/			/	
31		/			/	

Diabetes  
Blood  
Pressure  
Goal is  
130/80

CATEGORY	SYSTOLIC (top number mm Hg)	DIASTOLIC (bottom number mm Hg)
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
Hypertension Stage 1	140-159	90-99
Hypertension stage 2	160 or higher	100 or higher

LEARN MORE ABOUT DIABETES AT

www.walgreens.com/diabetes  
www.LillyDiabetes.com



**AMERICAN IDOL JUDGE**

# RANDY JACKSON

**ON DIABETES AND HEART DISEASE**

By Jonathan Jarashow

Twenty-year music industry veteran and Grammy Award winning producer Randy Jackson recently completed his sixth season as a judge on the record-breaking show *American Idol*.

Randy is also now the spokesperson for the American Heart Association's *The Heart of Diabetes* campaign, a national program to help those living with type 2 diabetes manage their condition and learn about its connection to cardiovascular disease (CVD). Approximately 21 million Americans have diabetes; and according to estimates, two-thirds of them will die of CVD, such as heart attack or stroke.

## RANDY'S DIAGNOSIS

About five years ago, Jackson weighed 355 pounds and started feeling rundown. He thought that he was coming down with a cold because he was thirsty all the time and was sweating frequently. But he kept delaying his visit to the doctor to find out what was bothering him. "You know people, men especially, will often only go to the doctor when something's

*"You have got to get your diet and exercise routine under control."*

wrong. So finally I went to the doctor, and I was shocked to find out that I had type 2 diabetes. I was really overweight at the time, so I had to do some things to change my life—pretty drastically and quickly." Jackson had gastric bypass surgery, and he has lost 110 pounds since. "The surgery really helped to get the disease to a manageable level for me so I could just go on oral medication," he said.

## DIET AND EXERCISE

Randy is the star of *The Heart of Diabetes* Web site, IKnowDiabetes.org. It's a great place to learn about diabetes and heart health, and some of the tips you will find there include eating a healthy, balanced diet and reducing intake of saturated and trans fats, cholesterol, sodium, and added sugars. Randy has taken these tips to heart: "You have got to get your diet and exercise routine under control. And you have to come up with a balance that's going to really work for you. It's like showering and brushing your teeth. For me, I made it a part of my life—there's no other way around it."

Some more helpful advice from IKnowDiabetes.org involves getting active. Even 30 minutes of moderate physical activity five days a week can help prevent diabetes, can reduce blood pressure and cholesterol, can help you maintain a healthy body weight, and can minimize risk of cardiovascular disease. Randy has made the treadmill part of his own daily routine: "I hated it before,

but now I really love it because of my busy lifestyle. It's something I can always do, jump on the treadmill for 45 minutes. I suggest to other people that if you

can't do anything else, walk for at least 30 minutes a day."

Randy has made a point to talk to his kids about making healthy choices, because with diabetes, prevention is key. "We've got a pretty healthy thing going on at home. I mean, they still do some kid stuff; they're still going to have certain desserts here and there, but not nearly as many of them because we don't have much junk in the house."

## PEOPLE WITH DIABETES CAN DO IT ALL

Elliot Yamin, who has type 1 diabetes, reached the *American Idol* finals and has become a star.

Randy sees this as proof that just because you have a disease, doesn't mean your life stops. "You still can flourish and do everything that you could do before. And Elliot, I'm just so proud of him! I mean, he's just an amazingly talented kid. And when you're committed, you can still lead a perfectly normal lifestyle, even with diabetes," Randy said.

## DIABETES AND YOUR HEART

Randy is excited about his partnership with the American Heart Association's *The Heart of Diabetes* campaign, because as he says, "If it helps someone discover something that's going wrong with them or even just gets them to go to the doctor one or two more times a year, I'm happy." The campaign aims to spread awareness that the No. 1 killer among people with diabetes is cardiovascular disease. Randy has found that many people don't really understand the connection. "The campaign lets people know that because of what diabetes does to the body, where it can break down its organs, it makes you susceptible to other diseases—especially heart disease."

To learn more, visit Randy on the Web site IKnowDiabetes.org, or you can call 1-800-AHA-USA1 to get information live on the phone. 📞

## \* a healthy message

Randy tells it like it is: diabetes management is not always easy. But taking charge of his lifestyle and becoming healthier has made him a stronger and happier person. "Go to the doctor every three months for a checkup. Know what's going on with your body, and you'll live a much healthier, safer life. Try to adopt an exercise program, even if you just walk. You don't need to join a gym or spend any money to walk. And, of course, you must really watch what you eat."



# blood glucose log sheet



Blood Glucose	Breakfast	After Breakfast	Lunch	After Lunch	Dinner	After Dinner	Bedtime	Notes: (Extra readings, special events, illness, activities, etc.)
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								

Reference Chart	Average Target Blood Glucose Levels*	Your Blood Glucose Goals*
Before Breakfast	90–130 mg/dL	
Before Meals	90–130 mg/dL	
Two hours after meals	180 mg/dL or less	

\*work with your doctor to establish your blood glucose goals

MEDICATION TABLE						
Name of Medication	Strength	Directions for Use	Circle Time of Day			
			Breakfast	Lunch	Dinner	Bedtime

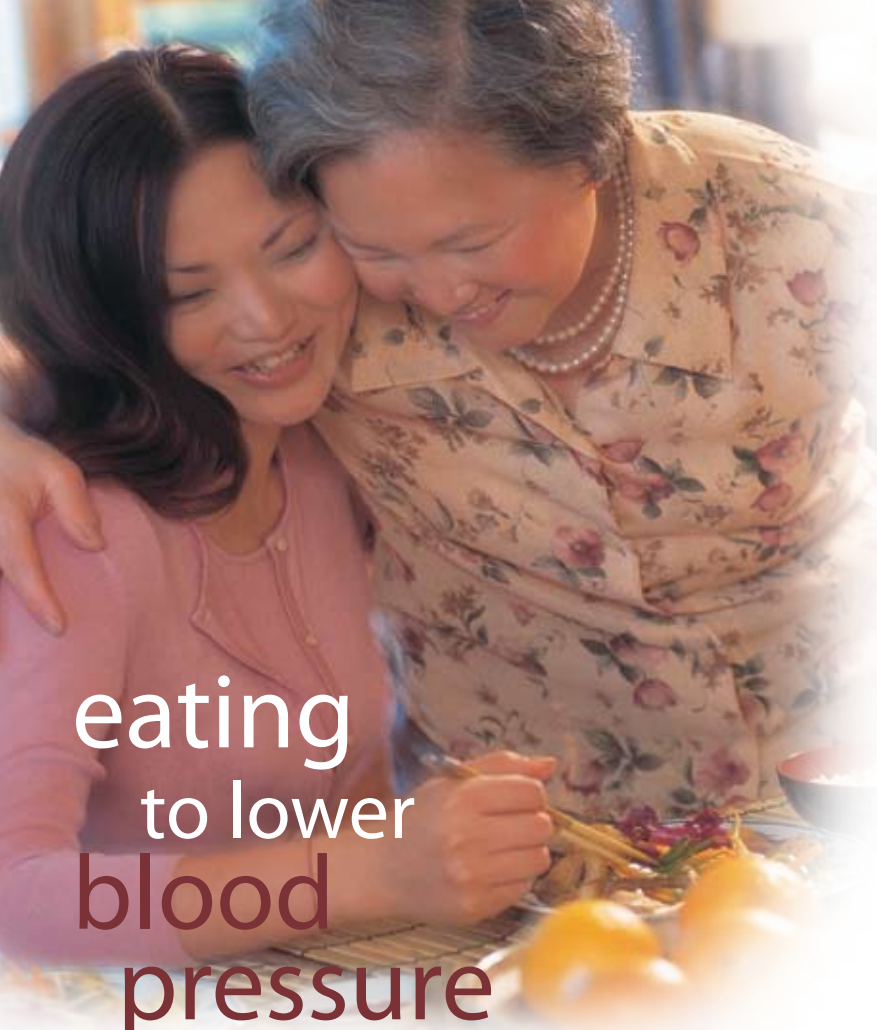
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# eating to lower blood pressure

By Nora Saul, MS, RD, CDE



If you have high blood pressure, you're not alone. About 30% of American adults have this problem and so do many people with type 2 diabetes.

Like diabetes, high blood pressure can be a silent disease. It can harm the heart and kidneys for years, often without the person knowing they have it. In fact, many people never find out they have high blood pressure until they go to their doctor for a physical exam.

## WHAT IS HIGH BLOOD PRESSURE?

Blood pressure is a measure of the force of blood as it flows through

your arteries. The blood pressure is listed as two numbers: the systolic or top number measures your blood pressure as your heart squeezes.

### \* eat less of these high-sodium foods

- Crackers
- Chips
- Frozen dinners
- Fast foods
- Canned or dried soups / canned vegetables
- Deli meats
- Smoked or cured meats
- Condiments like soy sauce

The diastolic, or bottom number, measures the pressure as your heart relaxes. A healthy blood pressure goal for people without diabetes is less than 120 over 80 (written as 120/80). For people with diabetes, the usual goal is less than 130/80.

The higher your blood pressure, the higher your risk of heart disease. People who have diabetes are at risk for both heart and kidney disease. Untreated high blood pressure can speed up this process, and the older you get, the higher your risk.

**The good news:** Like diabetes, high blood pressure can be controlled. For example, if you make better food choices, you can help lower your blood pressure. Did you know that healthy eating and regular physical activity can work just as well as some medicines to lower your blood pressure? Even if you take medicine, lifestyle changes help your medicine work better. African-Americans, people age 50 and older and folks with chronic diseases like diabetes get the most benefit from lifestyle changes.

## WHAT CHANGES CAN HELP?

Lose weight if needed, cut back on your sodium, eat more foods rich in potassium, and drink less alcohol. These all can help improve your blood pressure.

**Weight loss:** Extra weight puts more stress on your heart. The heavier you are, the harder your heart has to work to pump blood. The good news is that even a weight loss of 10 pounds can help. There are many ways to drop extra weight, but losing slowly while eating healthfully is best. And remember to fit in physical activity, such as walking, biking or swimming, on a regular basis. Your health care provider or a registered dietitian can help you make a plan that will work for you.

**Cut back on salt:** We need only a very small amount of salt, or sodium, each day. Most people get much more sodium in their diets than they need. The more sodium you take in, the higher your blood pressure can be. Instead of salt, use herbs, spices, lemon juice, onions, garlic and other salt-free flavorings.

**Eat more potassium:** Potassium is a mineral that helps your heart and nervous system work. It also can help lower high blood pressure. Food sources of potassium include milk, meats, and many fruits and vegetables such as dried beans, broccoli, asparagus, spinach, squash, artichokes, bananas, dried fruits, apricots, oranges, and melons. To make sure you get enough potassium, have several servings of milk or yogurt along with at least five to seven servings of fruits and vegetables each day.

**Alcohol:** If you drink too much alcohol, it can raise your blood pressure. Ask your health care provider how to drink alcohol safely. A good rule of thumb is to have no more than two alcoholic drinks each day if you are a man and no more than one drink each day if you are a woman.

**The DASH Eating Plan:** The DASH (Dietary Approaches to Stop Hypertension) eating plan includes fruits, vegetables, low-fat dairy products, whole grains, as well as fish, poultry and nuts. This plan is low in fat, red meat, sweets and sugar-sweetened drinks. The DASH plan can help lower blood pressure levels within two weeks. For more information on the DASH plan and healthy eating for high blood pressure, go to [www.nhlbi.nih.gov/hbp/prevent/h\\_eating/h\\_eating.htm](http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm)

**Vegetarian diets:** In general, people who follow a vegetarian

diet have lower blood pressure than those who eat a meat-based one. If you're not ready to give up meat, include one or two meatless meals, such as vegetarian chili or stir-fry vegetables and tofu, for dinner each week to get the benefits of a vegetarian diet.


### WHAT ABOUT MEDICINE?

There are many medicines that lower blood pressure levels. You may need to take some if lifestyle changes aren't enough to help you reach your blood pressure goal. But even if you already take blood pressure medicine, lifestyle changes can still help. If you lower

your sodium intake, lose weight, eat foods high in potassium and do regular physical activity, you may be able to lower the amount of medicine you take.

### WHAT'S NEXT?

**Know your blood pressure.** Check it regularly to see how the changes you make help you get healthier.

**Choose your next step.** Would you like to lose weight? Use less salt? Eat more fruits and vegetables? You don't need to make all of the changes at once. Focus on one or two at a time, and ask your health care team to show you how to get them done. 

## all-american turkey loaves

Serve this with a mixture of sautéed mushrooms and onions, and add mashed potatoes. Voilà, you have a comfort meal like those we can all recall from our youth.

makes  
**2**  
servings

Vegetable cooking spray	½	teaspoon tomato paste
8 ounces very lean ground turkey breast	¼	teaspoon Worcestershire sauce
2 tablespoons quick rolled oats	2	tablespoons egg substitute
2 tablespoons chopped onion	⅛	teaspoon crushed dried thyme
1 clove garlic, minced, or ⅛ teaspoon garlic powder	⅛	teaspoon crushed dried marjoram
½ teaspoon Dijon mustard		Freshly ground pepper to taste
	1	small bay leaf cut in half

1. Preheat the oven to 425°F. Lightly coat a small shallow baking dish with cooking spray.
2. Place the turkey in a medium bowl. Add the oats, onion, garlic, mustard, tomato paste, Worcestershire sauce, egg substitute, thyme, marjoram and pepper. Mix well. Wet your hands before forming the mixture into 2 loaves of equal size.
3. Place the loaves in the prepared baking dish. Top each loaf with half a bay leaf. Lightly coat the loaves with cooking spray, and bake for 20 to 25 minutes. Check after 15 minutes, and lower the oven heat to 400° F if the top is browning too quickly. Be sure to remove the bay leaf halves before eating.

**PER SERVING:** 157 calories (13% from fat) 2 g total fat (0.5 g saturated fat), 30 g protein, 5 g carbohydrates, 1 g dietary fiber, 70 mg cholesterol, 136 mg sodium  
**Joslin Exchanges:** 4 very low-fat protein

Recipe reprinted with permission from "The Joslin Diabetes Quick and Easy Cookbook." Copyright © 1998 by Frances T. Giedt and Bonnie S. Polin, PhD, with the Nutrition Services Staff of Joslin Diabetes Center. All rights reserved. Cookbook available at [joslin.org/store](http://joslin.org/store)

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4. Your Walgreens original cash register receipt must have the purchase price circled.
5. No photocopied, altered, substitute or counterfeit rebate forms, receipts or UPC bar codes will be accepted or returned.
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**Write your Name, Address, City, State and Zip Code on a 3x5 card. Place the 3x5 card along with the original REBATE FORM, original Walgreens CASH REGISTER RECEIPT with purchase price circled and original UPC BAR CODE in one envelope. Mail your submission to: Department 101950, Omron Heart Guide \$10.00 MIR, P.O. Box 134, Niagara Falls, NY 14302-0134**

[www.omronhealthcare.com](http://www.omronhealthcare.com)

CLEARING UP

# cholesterol confusion

Confused about cholesterol? Unsure which fats are good and bad? Wondering if you can eat eggs? Well, wonder no more. We'll set the record straight on some of the "facts" and "fictions" about cholesterol and eating for a healthy heart.

## 1 Cholesterol is bad for your body.

**FICTION.** Our bodies need cholesterol to help build cells, hormones and bile acids. It also lines our nerves to help them work properly. The liver makes all the cholesterol we need. The problem comes in when we get too much cholesterol from saturated or trans fats and cholesterol in food. Too much cholesterol can lead to plaque build-up in the artery walls, which may cause blood clots to develop. Blood clots can lead to heart attacks, stroke and blood flow problems in the legs.

## 2 Drinking red wine can raise HDL ("good") cholesterol levels.

**FACT.** It's true. Red wine contains several types of nutrients, called phytonutrients, which help increase the body's level of HDL cholesterol. HDL cholesterol protects against heart disease. Other types of alcohol can raise HDL, too, but red wine seems to have more of a benefit. But watch out: alcohol may raise blood pressure levels and give you extra unwanted calories. Many people shouldn't drink alcohol. If you do, keep it to two servings daily if you're a man and one serving daily if you're a woman. A single serving is 5 ounces of wine, 12 ounces of light beer or 1 ½ ounces of distilled spirits. Talk with your health care provider about how to drink alcohol safely.

## 3 If you have a high cholesterol level, you have to take medicine.

**FICTION.** Many people need to take medicine to help lower their cholesterol levels, but others may be able to lower their levels by making better food choices and by doing more physical activity. The first place to start is to cut back on saturated fat, which is found in red meat, cheese, butter and whole milk, and trans fat, which is found in some margarines, fast food, and many store-bought cookies and crackers. Eating foods rich in soluble fiber, such as oatmeal, beans, fruits and vegetables, is also very helpful. Fruits and vegetables have nutrients that can help lower cholesterol, and daily physical activity helps boost HDL, or good, cholesterol levels. Even if you must take medicine, you still need to eat healthy and be active.

## 4 People with diabetes should have their cholesterol levels checked at least once a year.

**FACT.** Because people with diabetes are twice as likely to have heart disease as people without diabetes, it's important to keep track of your risk factors for heart disease. You can do this in several ways: See your health care provider regularly, keep your A1C and blood glucose levels within your target range, get your blood pressure checked at each provider visit, and have your lipid (fat) levels, which includes LDL, HDL and triglycerides, checked at least once a year. The lipid goals for most people with diabetes are:

- LDL: less than 100, or less than 70 if you have heart disease
- HDL: higher than 40 for men; higher than 50 for women
- Triglycerides: less than 150

Ask about your numbers and write them down. Talk with your health care team about how you can make your numbers better if they are not in your target range. Some "facts" really may be fiction, so speak to your health care provider about all health issues that are important to you.



By Amy Campbell, MS, RD, CDE

**5** If your cholesterol is high, you can't eat eggs.

**FICTION.** Eggs can be part of a heart-healthy eating plan, even if you have a high cholesterol level in your blood. Egg yolks contain a fair amount of cholesterol (about 213 milligrams). But it's really the saturated and trans fat in food that raises blood cholesterol. And because eggs are a good source of protein, Vitamin A and iron, it's OK to include them in your eating plan. People with diabetes should aim for no more than two to three egg yolks each week. If you're an egg lover, you can eat egg whites every day because they don't have any cholesterol.

**6** Foods that contain plant stanols or plant sterols can lower LDL ("bad") cholesterol.

**FACT.** Plant stanols and plant sterols are found in many fruits, vegetables, beans, nuts, seeds and vegetable oils. These powerful nutrients help block the absorption of cholesterol in the intestine, which lowers LDL cholesterol. Several brands of margarine now contain plant stanols and sterols, as well as some yogurts, orange juice and energy bars. The goal is to aim for between two to three grams of plant stanols and sterols each day to help bring the body's LDL level down.

**7** As long as a food is trans fat-free, it won't raise your cholesterol level.

**FICTION.** Trans fat is a man-made fat that food companies add to certain foods. This type of fat keeps foods fresher for a longer amount of time and helps make the food feel better in your mouth. Trans fat can raise bad LDL cholesterol and lower good HDL cholesterol. Food companies must list trans fat on their food labels. Many companies have stopped using trans fat in their products. A food with 0.5 grams or less of trans fat is listed as "0 grams" of trans fat on the label. If you eat more than one serving of that food, you may still be getting trans fat in your diet. Check the ingredient list: if you see the words "shortening" or "partially hydrogenated vegetable oil" in the list, that food contains trans fat. Also keep in mind that foods may contain 0 grams of trans fat, but still contain saturated fat, which can also raise LDL cholesterol. Try to choose foods with no more than 1 gram of saturated fat per serving.

**8** If your cholesterol is high, you should follow a low-cholesterol diet.

**FICTION.** It might seem like common sense to stop eating foods that have cholesterol in them when your blood cholesterol is high. But it's really the type of fat that you eat that affects your cholesterol levels. In fact, both saturated and trans fats can cause your cholesterol levels to be high. Saturated fat is found in red meat, poultry skin, butter, cheese, whole and 2% milk and regular ice cream. Trans fat is found in shortening, some margarines, some fast foods and many store-bought cookies and crackers. Use healthier fats, instead, such as olive oil, canola oil and peanut oil, as well as tub margarines that are "trans fat-free." While it's still a good idea to eat fewer high-cholesterol foods, such as eggs and other animal foods, it's more important to choose the right kind of fat for eating and cooking. 🍴

Learn more about cholesterol at  
[www.walgreens.com/cholesterol](http://www.walgreens.com/cholesterol)

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## TWO TYPES OF heart doctors

By Joy Pape, RN, BSN, CDE, WOCN

**W**hen Bill, who has diabetes and a family history of heart disease, had chest pain he was told to see a special type of heart doctor—an “interventional cardiologist.” Like other heart doctors, he treats problems of the heart and blood vessels. Bill wondered what this specialty is and what an interventional cardiologist does. You, like Bill, might have seen these terms and wondered the same thing.

## DIABETES, HEART DISEASE AND SPECIALISTS

Because diabetes is considered a hormonal disease, most people who have diabetes see an endocrinologist, a physician who specializes in diagnosing and treating hormonal diseases. People with diabetes are at twice the risk for developing heart disease, so many people with diabetes have a cardiologist, too. In the fields of both endocrinology and cardiology, there are sub-specialties. Two cardiology sub-specialties are preventive cardiology and interventional cardiology.

## PREVENTIVE CARDIOLOGY

Preventive cardiology is dedicated to the prevention and management of cardiovascular disease. The same things you do to manage your diabetes are part of what you do to prevent heart disease. Preventive cardiology includes both informal and formal programs.

Informal programs can be as simple as your health care provider (HCP) assessing your risks for heart disease and teaching you ways to decrease these risks. For example, your HCP teaches you the importance of making healthy lifestyle choices to help you obtain and maintain a healthy weight. These lifestyle choices usually include healthy eating, physical activity and stress management. You also may be treated with medications to reach your recommended targets.

Formal programs involve a multi-disciplinary team of health care providers with programs to help you reach your targets and prevent heart disease. These programs can consist of meeting with a cardiologist, then regularly participating in an exercise program, better known as a cardiac rehab program with exercise physiologists, formal dietary education programs taught by dietitians, diabetes education classes taught by Certified Diabetes Educators, stress management classes run by psychologists, and more. Many times, besides meeting one-to-one with your cardiologist, these other programs are group programs.

## INTERVENTIONAL CARDIOLOGY

Interventional cardiology deals specifically with the treatment of heart diseases once you have a problem. An interventional cardiologist is specially trained to perform these procedures. These types of procedures are considered minimally-invasive because only a catheter is inserted in your body. Surgical procedures such as a cardiac bypass are considered invasive because the chest area needs to be opened.

In these minimally invasive procedures your HCP numbs a spot on your groin or arm and the interventional cardiologist threads a catheter (plastic tube) into an artery, then moves it through to your heart. Once there, the procedure needed can be performed. Once the procedure is performed, the catheter is removed. These are relatively painless procedures. You will need to lie still hours after the procedure to prevent any bleeding at the catheter site. If you are taking any form of metformin, you may need to stop it before and after the procedure. Be sure to tell your health care team before and ask their policy about metformin.

Whether you have heart disease or don't, diabetes does increase your risk. Remember, when it comes to diabetes and any of its complications, prevention is the best medicine.

Learn more about high blood pressure at [www.walgreens.com/hbp](http://www.walgreens.com/hbp)

*Some examples of interventional cardiology are:*

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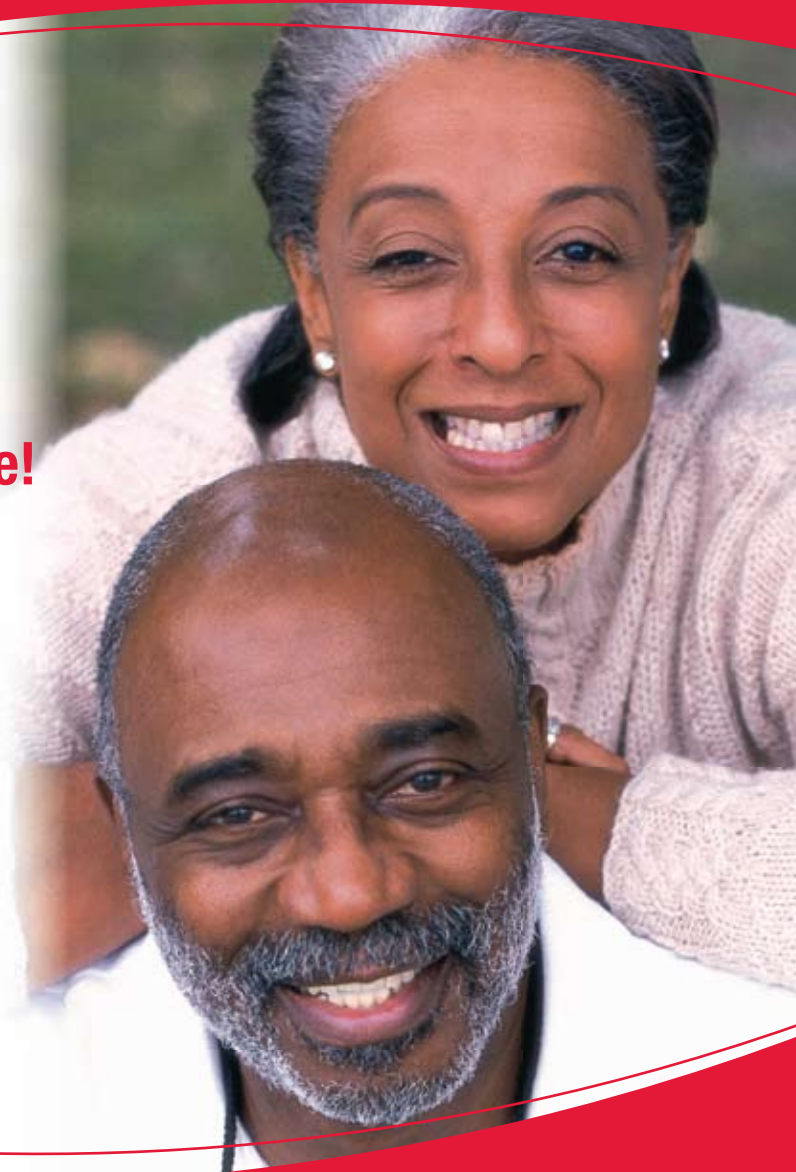
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\* Your prescription drugs are important to your health and will function without this product. Rx Essentials are not intended to replace your prescription drugs.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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