

Pran swen kè ou



Jere dyabèt ou

Moun k ap viv ak dyabèt gen plis risk pou yo gen yon maladi kè.

Ekip swen sante w la ka ede w jere dyabèt epi redwi chans pou ou genyen maladi kè. Konsèy ki anba yo ka itilize pou fè yon plan aksyon.



Fè yon plan aksyon ki mache

Ansanm, avèk èd founisè swen sante w ak fanmi w, fè yon plan ki adapte ak fason w viv epi woutin ou chak jou. Kòmanse pa idantifye aksyon ou ka fè pou amelyore sante ou.

Men kèk bagay ou dwe konsidere ki pou antre nan plan ou a:

- **Suiv tansyon ou, trigliserid, ak nivo kolestewòl ou.**
- **Tcheke nivo sik nan san ou** regilyèman jan founisè swen sante w la rekòmande.
- **Ale nan tout randevou medikal ou yo.**
- **Pran medikaman w yo jan yo mande w.**

- **Sispann fimen**, mande èd pou kite fimen.
- **yon pwa ki bon pou sante epi konsève l.**
- **Fòk ou fizikman aktif** pou omwen 30 minit chak jou pandan senk jou nan semèn nan oswa jan founisè swen sante w la rekòmande. Limite kantite tan ou pase chita a mwens pase 90 minit nan nenpòt ki lè.
- **Manje manje ki pa gen anpil sèl, sik, grès satire, ak grès trans.**

Tcheke nivo sik nan san ou

Suiv nivo sik nan san ou—jere sik nan san ou ka ede w pwoteje kè ou.

- Tcheke pwòp nivo sik nan san ou lakay ou. Si w pa konnen kijan pou w fè sa, mande founisè swen sante w la pou montre w. Asire w ke ou ekri rezilta ak lè tout tès ou yo. Pataje enfòmasyon sa yo ak ekip swen sante w la.
- Fè yon tès A1C 2 fwa oswa plis pa ane oswa jan founisè swen sante w la mande w. Sa bay nivo mwayen sik nan san ou pandan 2 a 3 mwa ki sot pase yo.

Objektif sib mwen yo

Mande founisè swen sante w la pou konnen kisa objektif sik nan san ou a ta dwe ye. Ekri objektif ou yo nan dènye ranje tablo ki anba a.

sik nan san	Anvan yon repa	1 a 2 èdtan apre yo fin kòmanse yon repa	A1C
Objektif sib rekòmande	80 rive nan 130 mg/dL*	Mwens ke 180 mg/dL*	Mwens ke 7% [†]
Objektif sib mwen an			

*Sa a se yon fason pou mezire sik nan san nan tès laboratwa—mg/dL vle di miligram pou chak desilit.

[†]Founisè swen sante w la ka fikse yon objektif A1C ki pi wo oswa pi ba pou ou.



Manje ki bon pou sante pou chwazi pi souvan

Tablo adwat la ba ou egzanp manje ki bon pou sante ki fèb nan kolestewòl, grès satire, grès trans, oswa sèl (sodyòm).

Manje pou manje mwen souvan oswa an ti kantite

Tablo adwat la ba ou egzanp manje ki gen anpil kolestewòl, grès satire, grès trans, oswa sèl (sodyòm).

Manje byen pou viv byen

Kenbe yon rejim alimantè ki elve nan fwi ak legim fre, sereyal konplè, pwoteyin mèg, ak grès ki bon pou sante se yon bon chwa. Kalite rejim sa a (pafwa yo rele *Rejim Mediteraneyen*) yo te demontre ke li bay avantaj nan diminye risk pou yo devlope maladi kè.

Li enpòtan tou pou manje kantite manje ki bon pou sante. Sa vle di limite gwosè pòsyon yo. Ou ka toujou jwi anpil kalite manje pandan w ap manje an sante!

Sèvi ak enfòmasyon ki anba a pou ede w fè chwa manje ki bon pou sante.

Tcheke kilès nan manje sa yo ou pral chwazi PI souvan:

Vyann ak pwoteyin	<input type="checkbox"/>	Pwason, vyann bèf mèg ak vyann kochon, poul ak kodenn (ak po retire), tofou, ak pwa
Legim fre	<input type="checkbox"/>	Legim vèt tankou bwokoli, epina, pwa, chou, bok choy, piman vèt, ak kolye.
Fwi fre	<input type="checkbox"/>	Pòm, pwa, pèch, prinye, nektarin, zoranj, bannann, papay, ak mango.
Manje ki fèt abaz sereyal konplè	<input type="checkbox"/>	Diri konplè, pen ble antye, ak sereyal konplè
Grès/lwil ki bon pou sante	<input type="checkbox"/>	Lwil oliv oswa kanola, nwa, ak pwason (tankou ton oswa somon)
Lèt manje	<input type="checkbox"/>	Lèt ki pa gen anpil grès ak fwomaj
	<input type="checkbox"/>	Remèd fèy (fre oswa sèk), kondiman san sèl, ak ji sitwon pou ajoute gou

Tcheke kilès nan manje sa yo ou pral chwazi MWEN souvan:

Vyann	<input type="checkbox"/>	Vyann ki gen anpil grès oswa kolestewòl, tankou chen cho, sosis, ak bekon
Grès ki pa bon pou sante	<input type="checkbox"/>	Grès satire (grès ki solid nan tanperati chanm), tankou bè, magarin, mantèg, ak grès kochon.
	<input type="checkbox"/>	Grès trans atifisyèl, souvan yo jwenn nan pòpkòn mikwo ond ak pwodwi kwit tankou patisri, biskwit, ak ti biskwit.
Grenn rafine	<input type="checkbox"/>	Diri blan, pasta regilye, pen blan, ak makawoni
Manje ki fri	<input type="checkbox"/>	Diri fri, boulèt fri, poul fri, fri Frans, stèk poul fri, legim bat ak fri (tankou bag zonyon)
Lèt manje	<input type="checkbox"/>	Lèt antye ak fwomaj regilye
	<input type="checkbox"/>	Manje trete, tankou manje nan frizè, soup nan bwat, vyann charcuterie, ak melanj prepare

Pale ak founisè swen sante w oswa dyetetisyen w pou w aprann plis.

Taking care of your heart



Managing your diabetes

People living with diabetes are at increased risk of events caused by heart disease.

Your healthcare team may help you manage diabetes and reduce your chances for heart disease. The tips below can be used to make an action plan.



Make an action plan that works

Together, with the help of your healthcare provider and family, make a plan that fits your lifestyle and your daily routine. Start by identifying actions you can take to improve your health.

Here are some things to consider including in your plan:

- **Keep track of your blood pressure, triglyceride, and cholesterol levels.**
- **Check your blood sugar levels** regularly as recommended by your healthcare provider.
- **Go to all of your medical appointments.**
- **Take your medications as directed.**

- **Stop smoking** by asking for help to quit.
- **Get to and stay at a healthy weight.**
- **Be physically active** for at least 30 minutes every day for five days of the week or as recommended by your healthcare provider. Limit the amount of time you spend sitting down to less than 90 minutes at any one time.
- **Eat foods low in salt, sugar, saturated fat, and trans fat.**

Checking your blood sugar levels

Keep track of your blood sugar levels—managing your blood sugar may help you protect your heart.

- Check your own blood sugar levels at home. If you do not know how to do this, ask your healthcare provider to show you. Be sure to write down the results and times of all your tests. Share this information with your healthcare team.
- Have an A1C test done 2 or more times a year or as directed by your healthcare provider. This gives your average blood sugar level over the past 2 to 3 months.

My target goals

Ask your healthcare provider to learn what your blood sugar goals should be. Write your goals in the last row of the table below.

Blood sugar	Before a meal	1 to 2 hours after starting a meal	A1C
Recommended target goal	80 to 130 mg/dL*	Less than 180 mg/dL*	Under 7%†
My target goal			

*This is a way to measure blood sugar in lab tests—mg/dL means milligrams per deciliter.

†Your healthcare provider may set a higher or lower A1C target goal for you.



Healthy foods to choose more often

The chart on the right gives you examples of healthy foods that are low in cholesterol, saturated fat, trans fat, or salt (sodium).

Foods to eat less often or in small amounts

The chart on the right gives you examples of foods that are high in cholesterol, saturated fat, trans fat, or salt (sodium).

Eat well to live well

Maintaining a diet high in fresh fruits and vegetables, whole grains, lean protein, and healthy fats is a good choice. This type of diet (sometimes called a *Mediterranean-style diet*) has been shown to be beneficial by decreasing the risk for developing heart disease.

It is also important to eat healthy amounts of foods. This means limiting portion sizes. You can still enjoy many types of food while eating healthy!

Use the information below to help you make healthy food choices.

Check off which of these healthy foods you will choose MORE often:

- | | | |
|---------------------------|--------------------------|--|
| Meats and proteins | <input type="checkbox"/> | Fish, lean beef and pork, chicken and turkey (with skin removed), tofu, and beans |
| Fresh vegetables | <input type="checkbox"/> | Green vegetables such as broccoli, spinach, snow peas, kale, bok choy, green peppers, and collard greens |
| Fresh fruits | <input type="checkbox"/> | Apples, pears, peaches, plums, nectarines, oranges, bananas, papayas, and mangoes |
| Whole-grain foods | <input type="checkbox"/> | Brown rice, whole wheat bread, and whole-grain cereals |
| Healthy fats/oils | <input type="checkbox"/> | Olive or canola oil, nuts, and fish (such as tuna or salmon) |
| Other foods | <input type="checkbox"/> | Low-fat milk and cheese |
| | <input type="checkbox"/> | Herbs (fresh or dried), salt-free seasonings, and lemon juice for added flavor |

Check off which of these foods you will choose LESS often:

- | | | |
|-----------------------|--------------------------|---|
| Meats | <input type="checkbox"/> | Meats that are high in fat or cholesterol, such as hot dogs, sausage, and bacon |
| Unhealthy fats | <input type="checkbox"/> | Saturated fats (fats that are solid at room temperature), such as butter, margarine, shortening, and lard |
| | <input type="checkbox"/> | Artificial trans fats, often found in microwave popcorn and baked goods such as pastries, biscuits, and crackers |
| Refined grains | <input type="checkbox"/> | White rice, regular pasta, white bread, and macaroni |
| Fried foods | <input type="checkbox"/> | Fried rice, fried dumplings, deep-fried chicken, french fries, chicken-fried steak, battered and fried vegetables (such as onion rings) |
| Other foods | <input type="checkbox"/> | Whole milk and regular cheese |
| | <input type="checkbox"/> | Processed foods, such as frozen meals, canned soup, deli meats, and prepared mixes |

Talk with your healthcare provider or dietitian to learn more.