



Diabetes & Your Health

Aspirin & Heart Health

Studies have shown that taking a low-dose aspirin every day can lower the risk for heart attack and stroke.

Aspirin can help those who are at high risk of heart attack, such as people who have diabetes or high blood pressure.

Aspirin can also help people with diabetes who have already had a heart attack or a stroke, or who have heart disease.

Taking an aspirin a day is not safe for everyone. Ask your doctor if taking aspirin would be right for you.

For more information, contact:

*SoonerCare Disease Management Services
(405) 522-6205
(800) 522-0114*

or talk to your doctor.

High Blood Pressure & Diabetes

Did you know as many as two out of three adults with diabetes have high blood pressure? High blood pressure is a serious problem. It can raise your chances of stroke, heart attack, eye problems, and kidney disease.

Many people do not know they have high blood pressure because they do not have any symptoms. That is why it is often called “the silent killer.”

The only way to know if you have high blood pressure is to have it checked. If you have diabetes, you should have your blood pressure checked every time you see the doctor. People with diabetes should try to keep their blood pressure lower than 130 over 80.



Cholesterol & Diabetes

Keeping your cholesterol and other blood fats, called lipids, under control can help you prevent diabetes problems. Cholesterol and blood lipids that are too high can lead to heart attack and stroke. Many people with diabetes have problems with their cholesterol and other lipid levels.

You will not know that your cholesterol and blood lipids are at dangerous levels unless you have a blood test to have them checked. Everyone with diabetes should have cholesterol and other lipid levels checked at least once per year. Some people will need to have them checked more often.

How Can I Control My Blood Pressure & Cholesterol?

- Quit smoking. Do not use any tobacco products.
- If you take blood pressure medicine or cholesterol medicine, be sure to take it like your doctor told you.
- Enjoy regular physical activity.
- Lose weight if you are overweight.
- Eat a healthy diet with lots of vegetables.
- Eat a diet that is low in salt, saturated fat, and cholesterol.
- Have your cholesterol and other blood lipids checked at least once per year.

Sources: American Diabetes Association, American Heart Association