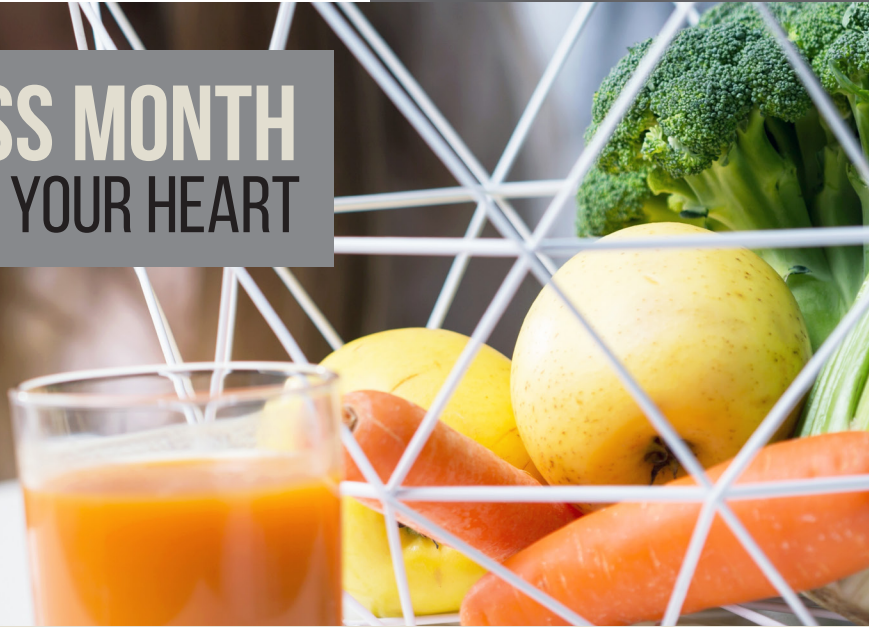


PEOPLE WITH DIABETES ARE AT
GREATER RISK OF HEART FAILURE

NOVEMBER 2024

DIABETES AWARENESS MONTH

HOW DIABETES CAN AFFECT YOUR HEART



Diabetes can damage blood vessels and cause high blood pressure, a heart attack, or heart failure.

YOUR HEART AND DIABETES

1 WHAT TO KNOW

- People with diabetes have twice the risk for heart disease
- The longer you have diabetes, the higher your risk of heart disease
- You can improve heart health by changing certain lifestyle habits

B's
BLOOD PRESSURE
LEVELS

C's
CHOLESTEROL
LEVELS



A's
AVERAGE BLOOD
SUGAR TEST

2 WHAT IS HEART DISEASE?

Heart disease includes several kinds of difficulties that affect the heart. Cardiovascular disease is very similar but also consists of all types of heart disease, stroke, and blood vessel disease. The most common type of heart disease is known as coronary artery disease, which affects blood flow to the heart.

Coronary artery disease is caused by the ongoing buildup of plaque in blood vessels that supply oxygen and blood to the heart. Plaque is made of cholesterol deposits, which narrow the inside of arteries and decrease blood flow. This process is called atherosclerosis, or hardening of the arteries. Reduced blood flow to the heart can cause a heart attack, and decreased blood flow to the brain can cause a stroke.

WHY CHOOSE US...
NASIFF ASSOCIATES?

A MED-TECH COMPANY COMMITTED TO ENHANCING PATIENT CARE IN HOSPITALS, OFFICES, AND HOME-BASED MEDICAL FACILITIES BY DELIVERING HEALTHCARE PROVIDERS WITH INNOVATIVE SOLUTIONS.



Hardening of the arteries can also happen in the legs and feet, which is called peripheral arterial disease, or PAD. PAD is often the first sign that a person with diabetes has cardiovascular disease.

3 HOW DIABETES AFFECTS YOUR HEART

Over time, high blood sugar can damage blood vessels and the nerves that control your heart. People with diabetes are more likely to have other conditions that increase the risk of heart disease.

People with diabetes are at greater risk of heart failure.

High blood pressure increases the force of blood through your arteries and can damage artery walls. Having both high blood pressure and diabetes can greatly increase your risk for heart disease.

Too much LDL ("bad") cholesterol in your bloodstream can form plaque on damaged artery walls.

Triglycerides are a type of fat in your blood. **High triglycerides** and low HDL ("good") cholesterol or high LDL cholesterol contribute to the hardening of the arteries.

These factors can also raise your risk for heart disease:

- **Smoking**
- **Being overweight or having obesity**
- **Not getting enough physical activity**
- **Eating a diet high in saturated fat, trans fat, cholesterol, and salt**
- **Drinking too much alcohol**

People with diabetes are also more likely to have heart failure, which means your heart cannot pump blood well. This can lead to swelling in your legs and fluid building up in your lungs, making breathing hard. Heart failure tends to get worse over time. However, early diagnosis and treatment can help relieve symptoms and stop or delay the condition getting worse.



4 TESTING FOR HEART DISEASE

Your blood pressure, cholesterol levels, and your weight help your doctor understand your overall risk for heart disease. Your doctor may also recommend other tests to check your heart health:

An **electrocardiogram (ECG or EKG)** measures your heart's electrical activity. Your heartbeat is the result of an electrical impulse traveling through your heart.

An **echocardiogram (echo)** examines how thick your heart muscle is and how well your heart pumps.

An exercise stress test (**treadmill test**) shows how well your heart functions when it's working hard.

5 TAKE CARE OF YOUR HEART

These lifestyle habits can help lower your risk for heart disease or keep it from getting worse:

Follow a healthy diet

- **Eat more for fresh fruits, vegetables, lean protein, and whole grain**
- **Eat fewer processed foods (such as chips, sweets and fast food)**
- **Drink more water, fewer sugary drinks, and less alcohol**

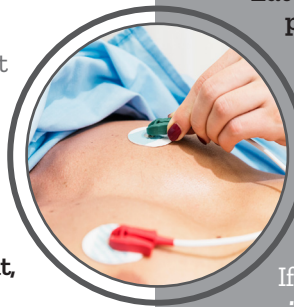
Aim for a healthy weight

If you're overweight, **losing even a modest amount of weight** can lower your triglycerides and blood sugar.

Being **physically active** can make your body more sensitive to **insulin**, which can help you regulate your diabetes. Physical activity also helps manage blood sugar levels and lowers your risk of heart disease. Getting support can also help.

ABOUT NASIFF

Heart disease is a serious health concern that causes more fatalities than any other disease. An Electrocardiogram (ECG) is a non-invasive diagnostic test that measures the electrical activity of the heart and can help detect heart abnormalities, such as heart damage or abnormal heart rhythms. ECG is one of the most reimbursed tests because it does a great job at finding early signs of heart disease. Dr. Nasiff has developed diagnostic tools that are **highly regarded** in the medical community.





MANAGE YOUR ABC'S

A: Get regular A1Cs tests to measure your average blood sugar over 2 to 3 months. Aim to stay in your target range as much as possible

B: Keep your blood pressure below 140/90 mm Hg (or your doctor's target)

C: Manage your cholesterol levels

'S: Stop smoking or don't start



MANAGE STRESS

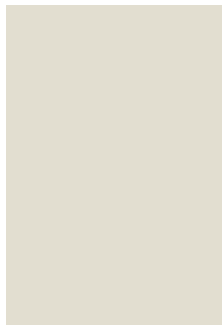
Stress can raise your blood pressure and lead to unhealthy behaviors, such as overeating or drinking too much alcohol.

Try these ideas instead:

- Visit a mental health counselor
- Try meditation or deep breathing
- Get some physical activity
- Get support from friends and family

Your doctor may prescribe medicines to help keep your blood sugar, blood pressure, cholesterol, and triglycerides close to your target levels.

Keep Reading: [Healthy Eating](#)
[Healthy Weight](#)



THE ADVANTAGES OF NASIFF CARDIOCARD ECG SYSTEMS

Intelligent ECG Interpretations: *The CardioCard software delivers automatic interpretations of EKG data. This reduces the time physicians need to spend reviewing tests and allows for faster diagnosis.*

Portable ECG/EKG Machines: *Nasiff offers portable EKG systems, allowing healthcare providers to test patients in various settings, including urgent care centers, homes, and hospitals.*

Comprehensive Data Collection: *Nasiff systems support multiple lead placements, including 3-, 5-, and 12- lead EKGs, providing comprehensive and customizable testing options for different diagnostics needs. The systems ensure accurate data, which is continuously collected with advanced tools.*

Cost-Effective Solutions: *With rising healthcare costs, the cost of EKG testing and technology is a growing concern. The CardioCard system offers a cost-effective solution for healthcare providers. By providing portable ECG/EKG devices and versatile diagnostic tools, Nasiff reduces the need for expensive hospital visits.*

EMRConnectivity: *CardioCard Systems include EMR connectivity, designed to integrate seamlessly with major EMR, EHS, and EHR platforms. This allows efficient sharing and storage of patient data, streamlining workflows and improving patient care.*

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