

# 糖尿病如何影響您的心臟

## 2型糖尿病和心臟疾病

沒有管理好2型糖尿病的患者會隨著時間的流逝增加患心血管疾病的風險，因為高血糖會損害控制心臟的血管和神經。



## 亞裔美國人和心臟病風險

- 與白人相比，亞裔美國人患中風和高血壓的風險更大。此外，亞裔美國人更容易患中風並發症，如吞嚥困難，喪失身體活動能力
- 北加州研究指出：日本和中國女性更容易堵塞動脈血壓，增加心臟病和中風的風險

## 預防和管理



1

在家監控血糖，膽固醇和血壓，並與醫生定期檢查



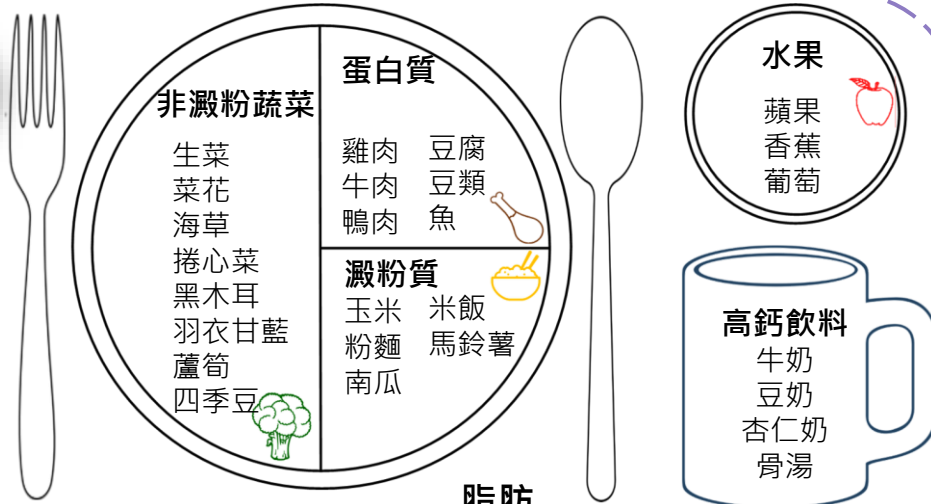
2

3



走路30分鐘，每週4-5次，能幫助超重或肥胖人士體重減輕5-10%，同時可使患2型糖尿病的風險降低50%以上！

4



油、奶酪、種子、堅果、動物皮、牛油、奶油、五花肉  
均衡飲食，比如吃水果，蔬菜，瘦蛋白，全穀物和最少脂肪的食物來控制血糖。

5



限制飽和脂肪、反式脂肪和鈉，以及黃油，糕點，油炸食品，醬油和醃製食品的攝入。吃多點對心臟健康有益的脂肪，如魚，堅果，種子，芝麻/橄欖油和牛油果。



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# How Diabetes Affects Your Heart

## Type 2 Diabetes & Heart Disease

People with uncontrolled diabetes have increases the risks of cardiovascular disease over time because high blood sugar can damage blood vessels and nerves that control the heart.



## Asian Americans & Heart Disease Risk

- Chinese American have a greater risk for strokes and high blood pressure compared to Caucasians. Also, Asian Americans are more likely to suffer from stroke complications such as difficulty swallowing, and loss of the ability to move part of your body
- Northern California study: Japanese and Chinese women were more likely to have clogged arteries which increases blood pressure and risk for heart attacks and strokes

## Prevention & Management

1



2



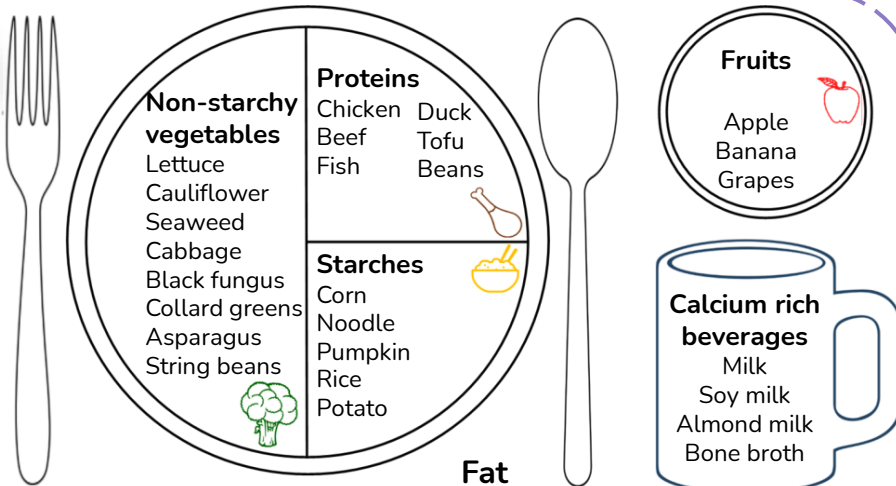
Monitor your blood sugar, cholesterol, and blood pressure at home and with regular check-ups with your doctor

3



30 minutes of walking, 4-5 times per week with a 5-10% weight loss for overweight or obese individuals can reduce Type 2 diabetes risk by over 50%!

4



Control blood sugar with a well-balanced diet of fruits, vegetables, lean protein, whole grains, and minimal fat

5



Limit saturated and trans fats, and sodium found in butter, pastries, fried foods, soy sauce, and preserved foods. Eat more heart healthy fats found in fish, nuts, seeds, sesame/olive oil, and avocados.



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