



PRESS RELEASE

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SCHOOLCRAFT MEMORIAL HOSPITAL and the U.P. DIABETES OUTREACH NETWORK

Diabetes can be Deadly

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Cardiovascular disease (CVD) is a major complication and the leading cause of premature death among people with diabetes – at least 65% of people with diabetes die from heart disease or stroke. Adults with diabetes are two to four times more likely to have heart disease or suffer from a stroke than people without diabetes. Heart attacks also occur at a younger age in people with diabetes. In addition, smoking when you have diabetes doubles the risk of developing CVD, making you 4 to 8 times more likely to have heart problems.

For the almost 27,000 adults with diabetes in the Upper Peninsula, there is good news. Relatively small improvements in blood glucose (sugar), lipids and blood pressure values result in decreased risk for diabetes complications. The recommended **ABC** therapy goals for optimal diabetes management are **A**1c (long term measure of blood glucose control) below 7%, **B**lood pressure under 130/80 mm/Hg and **L**DL **C**holesterol less than 100 mg/dl (many should strive for LDL under 70 mg/dl).

A recent survey showed that many people with diabetes are not meeting these goals across the U.S. Approximately 45% reported an A1c below 7%, 62% had blood pressure levels at or below 140/90 and only 11% had LDL cholesterol under 100 mg/dl.

If you have diabetes, we urge you to call your health care team about what **ABC** goals are right for you and what lifestyle changes, and medication, if needed, can help you achieve your goals.

To learn more about the ABC program and other helpful information on living with diabetes, please call Anne Richey, RN, CDE at 906-341-3210.