

The Link Between Diabetes and Heart Disease

When it comes to diabetes, heart disease and stroke, the statistics that link them are alarming.

People with diabetes are more than twice as likely to develop heart disease as those without diabetes, said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

“As many as 65 percent of people with diabetes die from heart disease and stroke,” she said. “There is a great lack of awareness about the link between diabetes and heart disease.”

Deaths from heart disease in women with diabetes have increased 23 percent over the past 30 years compared to a 27 percent decrease in women without diabetes. Deaths from heart disease in men with diabetes have decreased by only 13 percent compared to a 36 percent decrease in men without diabetes.

In addition, heart attacks occur at an earlier age in people with diabetes, and people with diabetes are more likely to die from a heart attack and are more likely than those without diabetes to have a second heart attack.

The American Diabetes Association and the American College of Cardiology are leading an effort to help educate people on this critically important topic. “Make the Link!” is a three-year initiative focused on reducing deaths associated with diabetes, heart disease and stroke. The initiative will encourage people with diabetes and their health-care providers to work together to manage diabetes more comprehensively in an effort to reduce risk factors that could lead to heart disease and stroke.

“It’s important for people to understand that diabetes management goes beyond controlling just blood sugar,” Hermann said. “One way for people to reduce their risk for heart disease and stroke is to know their diabetes ABCs. A is for A1C, which is short for the hemoglobin A1C test, which measures blood glucose over the past three months. B is for blood pressure, and C is for cholesterol.”

The target ranges for the ABCs are an A1C of less than 7 percent; blood pressure less than 130/80; and cholesterol LDL less than

100 mg/dl.

A daily finger-prick check provides a limited measure of diabetes management because the test is only a snapshot of a person’s health at any given moment.

Hypertension often goes unnoticed. A recent study found that 71 percent of people with diabetes have high blood pressure, and 43 percent were doing nothing to treat it. In fact, about one-third of this group did not even know they had hypertension.

When it comes to cholesterol, foods that are considered “low enough” for someone without diabetes are still “too high” for people with diabetes.

There are many ways in which to break this link. Some suggestions include keeping blood glucose, cholesterol and blood pressure numbers as close to normal as possible; quit smoking; be active; eat low-fat meals that are high in fruits, vegetables and whole grains; and consult a healthcare provider about the benefits of taking aspirin and other medications that can help reduce the chances of having a heart attack or stroke.

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This Newsletter is given for educational information to the interested citizens of Kingfisher County.

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OSU Extension Center

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Apron Annie's Winterfest:

It's that time of year to start thinking about Holiday shopping. With 50 booths available, what better place to go *Holiday Shopping* than at Apron Annie's 22nd Annual Winterfest.

If shopping works up your appetite, stay for lunch. Enjoy a nice, hot bowl of

homemade chicken noodle soup or a sloppy joe, followed by a piece of homemade pie.

Winterfest will be December 4, 2004 from 9:00 a.m. to 4:00 p.m. at the Holy Trinity Gym.



Holiday Tour of Homes

Join the Friends of the Heart for their 2nd annual Cookie Sale and Holiday Tour of Homes on Sun. Dec 5th. Tour three beautiful homes from 5:00 -7:00 p.m. in Okarche. The homes to be toured are Billy and Jan Petty, Tim and Robin Rother, and

Tom and Betty Kroener. The cookie sale will be from 4:00-7:30 p.m. at St. John's Parish Hall.



Tickets are \$5.00 and can be purchased at Designs by Dennis, Community National Bank, First Bank of Okarche, Winterfest, or at the door. Purchasing tickets in advanced will eliminate waiting in line at the door.

GREETINGS!

As the new Extension Educator in Kingfisher County, I look forward to working for Kingfisher County, as well as Keith, Heather, Denise and the HCE groups. Please take a moment to stop by the office and say hello; I just may have some-

thing special for you! I look forward to visiting all the clubs! Please call the office and let me know when would be a good time to visit your club.

It will take me a while to get to know everyone, but I

look forward to meeting each of you! Please stop by the office to say hello!

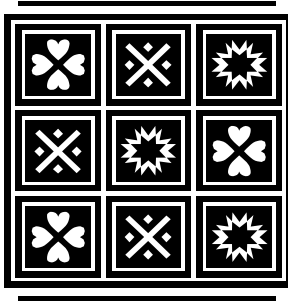
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Leader lesson information

The Lesson for January 2005 is "Planning for the Centennial". This will be available to pick up by the end of December. If you are in the vicinity, stop by and pick up your lesson. The lesson for February will be presented January 27, 2005, 12:30 p.m. at the Extension Office. Cathy



James will be presenting, "Quilting for Beginners." Bring a guest as a prospective

new member. This will be a popular lesson, if you are intending on bringing a guest you might want to call or email the office.

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or

Denise Boots:
bdenise@okstate.edu

AWARD AND REPORT FORMS

Award applications have been mailed out, so please take the time to feel out an application. We all do some really good things for our organization and communities. This is one way to be recognized for your hard work. To be returned by Jan 16 are the Rookie, Member, Young, and Heart of OHCE.

If you are sending in an award book, remember that those need to be postmarked by Feb 1. If any one needs assistance in completing one of these, please call me. I will be glad to help in any way.

Secretary and Scrapbooks need to be in the Extension Office by Feb 23 for judg-

ing to be completed before Spring Council. If you have any questions about this, just call.

Life Stories

Life Stories are needed for the Essay Contest, please refer to the Oklahoma Outreach Newsletter, or call the office for details.

Important Information!

We are in the process of gathering useful information so that we can better serve you. For those of you who have email, could you please give your email address to your club Secretary at your next meeting. If it were more convenient for

you to have the leader lesson emailed to you, that would be an option available to you. Be sure and check out our website for all kinds of valuable information available to you, including OSU Extension Fact Sheets!

Kingfisher County
OSU Extension Website:
<http://countyext.okstate.edu/kingfisher/fcs.htm>

Upcoming Events!

Dec. 4	Winterfest	Mar. ?	Spring Council
Dec. 5	Tour of Homes Cookie Sale		Date TBA
Dec. 13	Yearbooks Ready	Mar. 22	NW District Meeting will be in Fairview . Host Counties: Kingfisher, Blaine & Major. Each is responsible for nine center pieces (depicting past or present household items) and six door prizes. Kingfisher Co. is in charge of registration, muffins or quick bread. Registration is \$12-due by March 10.
Jan 16	Award Applications Due		
Jan. 27	Leader Lesson Quilting for Beginners	Mar. 22	HCE Scholarships due
Feb. 1	Award Books due		
Feb. 23	Secretary & Scrapbooks due		

Podometers for Sale!

Podometers are available at the office and can be purchased for \$4.00 each.

Can't Weight to Walk Program

Remember to call in your steps to Denise or email her at:

**bdenise@okstate.edu
405.375.3822**