

Is there a tool to help me estimate my risk of heart disease?

The ASCVD Risk Estimator (<http://tools.acc.org/ASCVD-Risk-Estimator/>) is a simple way to calculate the chance of developing heart disease, heart attack or stroke in the next 10 years.

How does diabetes affect my cholesterol?

Your body uses blood sugar for energy and insulin is what carries it to the muscles. People with diabetes do not have enough insulin to move blood sugar from their bloodstream into their muscle cells. Because your muscles always need energy, your liver combines fat (triglycerides) with cholesterol for use as an alternate energy source. So, when your blood sugar is high, your triglycerides and cholesterol levels also tend to be high. Management of high cholesterol focuses on blood sugar control and statin medication therapy.

Caution! Iceberg Ahead!

Heart disease is like an iceberg. As the Titanic sailed along, only the tips of the iceberg appeared above the water. The captain did not see all the points of the ice underneath. With diabetes, risk factors of heart disease peak out at different times. For some people high blood pressure is the first sign of danger; however, for others high cholesterol suggests an impending collision. So, like the captain scanning the water, it is extremely important for people with diabetes to routinely monitor for hidden risk factors of heart disease.

