

# Diabetes-Cardiovascular Disease Toolkit

Patient education tools focused on reducing cardiovascular disease in people with diabetes



AMERICAN  
COLLEGE of  
CARDIOLOGY



PCNA  
Preventive Cardiovascular  
Nurses Association

## Table of Contents

### 1. All About Pre-Diabetes

Describes pre-diabetes and suggests ways that those with pre-diabetes can prevent diabetes.

### 2. Getting the Very Best Care for Your Diabetes

Provides a summary of American Diabetes Association Standards of Medical Care.

### 3. Taking Care of Type 2 Diabetes

Gives a general introduction to type 2 diabetes for the newly diagnosed.

### 4. All About Blood Glucose for People with Type 2 Diabetes

Describes what affects blood glucose, reviews blood glucose monitoring, and provides guidelines for treating hypoglycemia.

### 5. All About Insulin Resistance

Discusses the relationship between insulin resistance and diabetes and includes tips for decreasing insulin resistance with exercise and food changes.

### 6. Protect Your Heart: Make Wise Food Choices

Provides general nutrition information for someone who is newly diagnosed.

### 7. Protect Your Heart: Choose Fats Wisely

Provides additional information on types of fat such as saturated, *trans*, monounsaturated, and polyunsaturated and food sources for each.

### 8. Protect Your Heart: Cook with Heart-Healthy Foods

Includes information about selecting lean meats and poultry and low-fat dairy products, and using alternative seasonings and ingredient substitutions.

### 9. Protect Your Heart: Check Food Labels to Make Heart-Healthy Choices

Provides keys to understanding food labels.

### 10. All About Carbohydrate Counting

Describes how to count carbohydrates by using standard carbohydrate serving sizes and by reading food labels.

### 11. Protect Your Heart by Losing Weight

Includes strategies for losing weight, including changing habits, cutting back on calories, and increasing physical activity.

### 12. All About Physical Activity for People with Diabetes

Covers the benefits and different types of physical activity.

### 13. Getting Started with Physical Activity

Discusses beginning a new exercise routine including which precautions to take and how activity may affect blood glucose.

### 14. Learning How to Change Habits

Provides a step-by-step plan for changing behavior.

### 15. Recognizing and Handling Depression for People with Diabetes

Discusses the link between diabetes and depression, as well as treatment options.

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**16. Treating High Blood Pressure in People with Diabetes**

Defines high blood pressure and discusses lifestyle and medication treatments.

**17. Treating High Cholesterol in People with Diabetes**

Defines cholesterol and discusses lifestyle and medication treatments.

**18. Taking Care of Your Heart**

Covers prevention and treatment of a heart attack.

**19. Know the Warning Signs of a Heart Attack**

Focuses on awareness of the warning signs of a heart attack and the importance of seeking immediate medical attention.

**20. Taking Aspirin to Protect Your Heart**

Describes the benefits and importance of taking aspirin.

**21. All About Stroke**

Includes information on the relationship between stroke and diabetes and the prevention, diagnosis, and treatment of stroke.

**22. All About Peripheral Arterial Disease**

Includes information on the relationship between PAD and diabetes and the prevention, diagnosis, and treatment of PAD.

**23. Medical Tests and Procedures for Finding and Treating Heart and Blood Vessel Disease**

Describes tests commonly used to diagnose heart and blood vessel disease.

**24. Managing Your Medicines**

Includes tips and a chart for keeping track of multiple medications.

**25. My Game Plan: Food and Activity Tracker**

Contains charts to track food and physical activity for one week.

**26. Blood Glucose Log**

Contains charts to track blood glucose results for one month.

