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## healthbriefs

### Diabetes and Heart Disease—Lower the Risk



Dr. David Kavesteen

Often, heart and vascular disease go hand-in-hand with diabetes. Individuals with diabetes are at a much higher risk for heart attacks, strokes, and high blood pressure. Unfortunately, the majority of cardiovascular problems can go undetected and can also start early in life. Over time, high blood glucose levels damage nerves and

blood vessels, leading to complications such as heart disease and stroke, which are the leading cause of death among people with diabetes.

A disorder of the metabolism, diabetes develops when the pancreas does not make enough insulin or the cells in the muscle, liver and fat do not use insulin properly, or both. As a result, the amount of glucose in the blood increases while the cells are starved of energy. Individuals with diabetes often experience changes in the blood vessels that can lead to cardiovascular disease. The blood vessels in a diabetic can become thicker which makes it even more difficult for blood to flow through the vessels, leading to possible heart problems and stroke.

There are things that diabetic individuals can do to lower their risk of heart disease. These include focusing on keeping their blood sugar level under control; getting to a healthy weight and staying there or, at the very least, lose some weight and keep it off; and increasing physical activity, which can keep the blood sugar levels at a normal rate and lower the risk of heart disease.

Source: Dr. Kavesteen, of Heart and Health, prides himself on educating his patients to control their medical condition and prevent the development of heart disease. 2 Locations: La Grande Place, 1350 Deer Park Ave., North Babylon and 281 Middle Country Rd., Middle Island. For additional information or to schedule an appointment, call 631-482-1355, or visit KavesteenMd.com. See ad page 39.

Family is not an important thing,  
it's everything

—Michael J. Fox