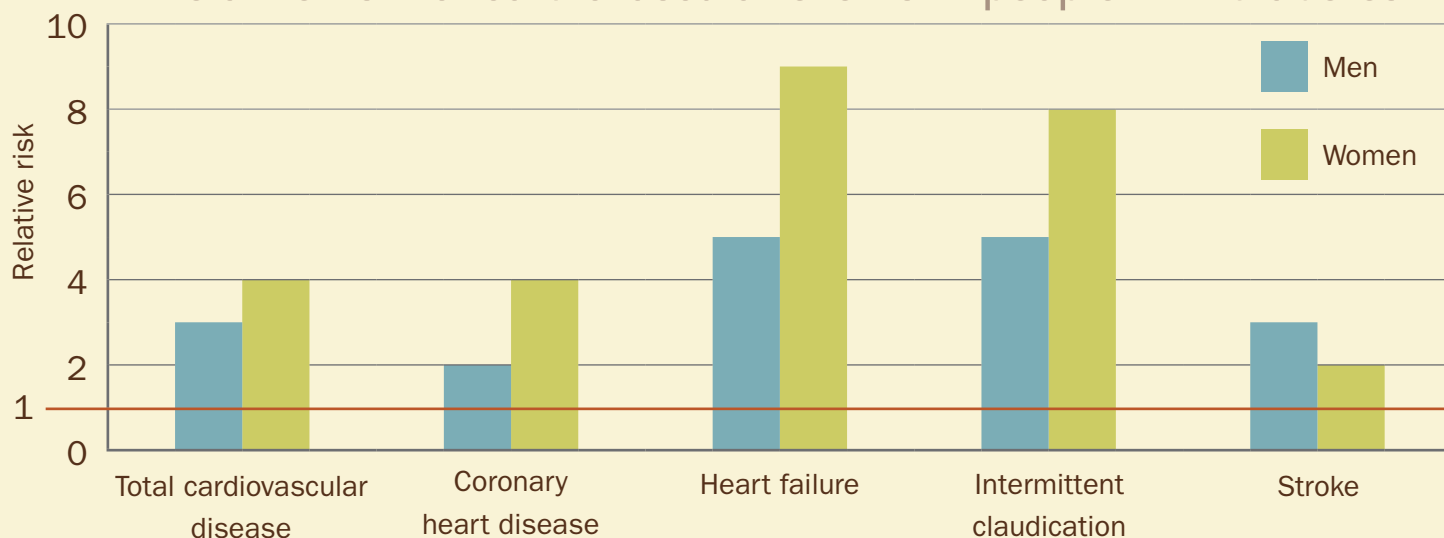


Diabetes today. Heart problems tomorrow?

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People who have diabetes have a much higher risk for cardiovascular (heart) problems than the general population. In this chart, the risk level for the general population (1) is represented by the orange line. The risk for people with diabetes is shown by the blue bars (men) and green bars (women). Their risk level is 3 – 9 times higher, depending on the type of problem.

Relative risk[†] of cardiovascular events in people with diabetes



[†]Adapted from Wilson PWF, et al (1992). The relative risk is the relation between the cardiovascular risk of people with diabetes and the cardiovascular risk of the general population (which equals one). Therefore a relative risk ratio of two for people with diabetes here indicates a doubling of cardiovascular risk compared to the general population; a relative risk ratio of four indicates a quadrupling of risk, etc. Source: Diabetes and Cardiovascular Disease: Time to Act © International Diabetes Federation, 2001

If you have diabetes, take these three important steps to reduce your risk for heart problems:

1

Work with your provider to establish a blood pressure goal

2

Work with your provider to develop a plan to manage your blood pressure

3

Monitor your blood pressure at home and/or in the community

This information is available in other forms to people with disabilities by calling:

TOLL FREE

Member Services: 1-866-431-0801

TOLL FREE MINNESOTA RELAY

TTY, Voice, ASCII, or Hearing Carry Over: 1-800-627-3529 or 711

TOLL FREE SPEECH-TO-SPEECH RELAY SERVICE

1-877-627-3848

Member Services

1-866-431-0801

Attention. If you want free help translating this information, call the above number.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែឥតមានថវិកាដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປ ອັດວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງ ໂທສຕາມເລກໂທສທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

PrimeWest Health will accept all eligible people who choose or are assigned to PrimeWest Health. PrimeWest Health will not discriminate in regard to your physical or mental condition, health status, need for health services, marital status, age, sex, sexual orientation, national origin, race, color, religion, or political beliefs.

American Indians can continue or begin to use tribal and Indian Health Service (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For enrollees age 65 years and older, this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your primary care provider prior to the referral.