

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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American November is American Diabetes Diabetes Month Association®

Diabetes and heart health go hand in hand:

- High blood sugar (blood glucose) can weaken or damage the blood vessels and nerves in your body, including those that affect your heart.
- Many people with diabetes also have high blood pressure. This condition, also known as hypertension, forces blood through your arteries at an increased pressure.
- High cholesterol takes its toll, too. Plaque builds up on the artery walls, affecting blood flow.

Managing stress can be helpful, here are some tips:

- **Stick to your eating plan.** This will help you avoid feeling hungry and give you the energy you need through the day. **Get moving.** It will boost your mood. Go for an after-meal walk. It help your body use blood sugar and burn calories and, if you walk with them or call them during your walk, give you time to catch up with family and friends.
- **Prioritize your emotional health too.** When you are upset or feeling stressed, your body makes stress hormones that can make your blood glucose go up and make diabetes harder to manage. Stress can also make it harder to think about taking care of yourself. Everyone deals with feelings in different ways. Finding what works for you is important.



**American
Heart
Association.**

source:

<https://www.diabetes.org/diabetes/type-2/diabetes-and-your-heart/know-diabetes-by-heart-wealth-resources-fingertips>

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