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Functional foods cardiovascular disease and diabetes pdf

For decades, cardiovascular disease has been thought to mainly affect men. According to the Centers for Disease Control and Prevention, it is equally uvehat both men and women. And for women with diabetes, there are a number of gender risk factors that make the likelihood of developing heart disease even greater. If you are a woman with diabetes, you should be aware of the following facts about how heart disease can affect you. Women with diabetes are three to four times more likely to develop heart disease than women without diabetes. This is an even higher percentage than in men with diabetes. Men often get heart disease in their 40s and 50s, usually about ten years earlier than it develops in women. But for women with diabetes, this is not true. When diabetes is present, the premenopausal protection against heart disease that women usually get from estrogen is no longer effective. This means that women with diabetes are more likely to suffer heart-related complications than women without diabetes, essentially putting them at the same risk as men their age. For women with diabetes, a number of risk factors for cardiovascular disease are generally more common than in men with diabetes. Women with diabetes have higher rates of abdominal obesity, which increases their chances of high blood pressure, high cholesterol and unbalanced blood sugar levels compared to men. Some women with diabetes are also particularly at risk of cardiovascular disease, such as those that have hypoestrogenemia, which is a estrogen deficiency in the blood. Studies have shown that women living with diabetes who have already had a heart attack have an increased risk of experiencing a second heart attack. They also have a significantly increased risk of heart failure. The way the symptoms of heart disease present themselves also seem to be different in women than in men. When describing their symptoms, men usually refer to chest pain, pain in their left arm, or excessive sweating. On the other hand, women often describe symptoms of nausea, fatigue and jaw pain. This difference in warning signs, especially chest pain, may mean that women with diabetes are more prone to silent myocardial infarctions, which are associated with heart complications that can occur without a person even knowing that a myocardial event occurred. This means that women may be more likely to suffer from a heart attack, or an episode associated with cardiovascular disease without knowing that something is wrong. The correlation between stress and heart disease is another issue that is different for women than for men. In general, family stress is a higher risk factor for cardiovascular disease Women. A condition called Broken Heart Syndrome, a temporary cardiac episode that can be caused by stressful events such as the death of a loved one, occurs almost almost Women. If you are a woman with diabetes, it is important that you need time whenever possible to relieve stress. Consider using deep breathing exercises, progressive muscle relaxation or meditation techniques. In general, heart disease is not sufficiently diagnosed in women at an alarmingly high rate. Although heart disease is the leading cause of death among women, many women are more concerned about getting breast cancer. This is despite the fact that heart disease kills six times as many women each year as breast cancer. Heart disease is generally considered something that affects older women, so those who are younger may not see it as a threat. Its symptoms are often misdiagnosed as a panic disorder or stress. In terms of treatment, the coronary arteries of women are smaller than that of men, which can make surgery more complex. In addition, women may be at risk for more postoperative complications than men. Studies show that women are also twice as likely to continue to experience symptoms in the years after heart surgery. If you are a woman living with diabetes, it is important to talk to your doctor about the risk of heart disease. You and your primary care physician can work together to create a plan to reduce the risk as much as possible. Effective diabetes management and healthy lifestyle changes can make a difference. If you have prediabetes or type 2 diabetes, a great way to help control your blood sugar levels is by incorporating more exercise into your normal life. Along with standard treatment and following a balanced diet, regular exercise has been shown to help improve insulin sensitivity and blood sugar levels, and it can also help with weight loss and keep blood pressure in check. Exercise can also prevent prediabetes from progression. Learn more about how exercise helps with glucose regulation and tips for working out safely. Brianna Gilmartin / Verywell All types of exercise can be especially beneficial for people with diabetes. Specifically, high-intensity interval training (HIIT) can help burn extra glucose in the body, as well as reduce insulin resistance, two effects that are good for diabetes control. Cardio, HIIT, and strength exercise workouts have many other positive health effects, such as: Improving blood sugar controlEnment of muscle strengthEning body fat Increase Increase in Blood Pressure Increasing High Blood Pressure Increases the Risk of Coronary Heart Disease Increasing Cardiovascular Disease When Glucose Is Stored in the Liver and Muscles, it is known as glycogen. Once glycogen and readily available glucose stocks were The body signals the liver to release more glycogen for energy, which is how muscle activity can lower glucose levels. Glucose. If you do not have adequate insulin sensitivity, your body may not be able to get this new glucose stream into the cells, so it will remain circulating in the blood. This can lead to an increase in blood sugar levels. Exercise can also help you burn calories and in turn lose weight. Losing a small amount of weight - just five to seven percent of your total body weight if you're overweight - can help reduce your risk of type 2 diabetes, improve insulin resistance, and help you better manage your blood glucose. As exercise can lower or raise your blood sugar, it is important that you take some precautions before you work. Eat a small snack consisting of protein, fat and some carbohydrates (think: bread with nut butter; cheese and crackers) before starting any activity, and check glucose levels, before, during and after exercise as well. Be sure to pack a carb-based snack such as juice or fruit after a workout in case your level drops too low. You may also wear a medical ID bracelet that states that you have type 2 diabetes, in case of hypoglycemic or hyperglycemic emergency. Drink plenty of water before, during and after exercise to prevent dehydration. People with diabetes need to pay special attention to your feet during exercise, as diabetic neuropathy can affect your ability to notice limb injuries like your feet. The American Diabetes Association suggests using silica gel or air insoles in your shoes, as well as polyester or cotton-polyester socks to prevent blisters and keep your feet dry. As always, people with diabetes should keep their health care providers well informed about anything that may affect their health. Exercise, in particular, falls into this category. Talk to your doctor about which exercise is best for you, and be sure to discuss any issues or problems that arise as your exercise program progresses. Cardio-training, or aerobic exercise, increases a person's heart rate to a higher than usual rate over a long period of time. HIIT increases the heart rate for short bursts of activity. Strength training, on the other hand, helps to build muscle and support healthy bones. All four types can be very useful for managing diabetes. Aerobic exercises are aimed at increasing respiratory ability and improving overall health. Cardio work gets the heart beats faster, rhythmically, and involves large muscle groups such as in the legs. The maximum benefits of cardio exercises are realized when you can work on a regular basis. This is because the effects of exercise are not permanent, although they are cumulative. For example show that when exercise is done regularly (every day or every day) in the long run, then it can significantly help the body process blood sugar levels, but if exercise exercise Done once, the effects only last about two days. Many types of physical activity can be classified as cardio exercises, including: Jogging or runningWalking or hikingBicyclingCrossing Step Ladder or elliptical machine-country skiingRowingDancingSwimming HIIT is aerobic activity focused on short bursts of intense physical activity followed by a short rest period and combines recent research that hilit improves insulin, the cells responsible for the creation and regulation of insulin production. Anaerobic exercises such as strength training can still have serious benefits for people with diabetes, including improved glucose control and insulin sensitivity. Examples of strength training include: Free Weight MachinesResistance bandsBodyweight Exercises These types of anaerobic activities help improve flexibility. Flexibility exercises can include stretching, yoga, and resistance to work, while balance activities include yoga and tai chi, among others. Both flexibility and work balance can have some glycemic benefits: particularly studies around yoga and tai chi have shown improved glycemic control in subjects. The amount of exercise you want to plan will depend on your personal fitness goals. If you're just starting out, aim for just one or two 10-minute exercises a week, then set up up five or more 30-minute sessions a week. Because people with diabetes often have complex health problems, it is very important to talk to your doctor or health care provider before starting a cardio training regimen, and if you are over 35 years old, you may need a stress test. The American Heart Association recommends adults get a total of 150 minutes of moderate-intensity exercise weekly, which runs up to five 30-minute cardio sessions per week. If you practice higher intensity exercises, you may need only 75 minutes per week. Achieving and maintaining a higher than usual heart rate is the primary goal of cardiovascular training, and can be a good metric for reference to the level of intensity. Different people have different heart rate targets and want to keep these rates for different lengths of time. Heart rate monitors can help determine these metrics. A doctor or doctor can also help with these definitions. It can be difficult to fit your workout routine into your already busy schedule. Here are some tips to help you keep your new healthy habit: Find a workout buddy. Look around for jogging or walking groups in your area, or rope in a friend who has Workout goals on your own to help you both remain accountable to the class. Check your local gyms to see if there is a weekly class class fits your schedule and then add it to your calendar and plan other events around it, not the other way around. Break it up. Exercise is still considered even when broken down into 10-minute segments. Maybe you go for 10 minutes before breakfast, for lunch, and after lunch, and by the end of the day, you have 30 minutes of traffic. Try the app. Download a fitness app like FitOn or ClassPass Go that offer free online classes in a range of skill levels and durations that you can make from anywhere. Work in the daily movement. Increased exercise does not have long hours in the gym. Fit in squats and lunges while you vacuum at home, walk the dog longer stretches, take up gardening. Squeeze in mini sessions for more movement when you can. If you are just starting to include exercise, you might consider working with a personal trainer or physical therapist first. Just a few sessions with a professional can help you learn the basic principles of your chosen activity, determine and control your target heart rate, and develop a general plan that you can execute on your own, safely. Another great way to get more information about exercising with diabetes is by talking to your health team. Ask them what exercises and with what intensity it would be better for your individual needs. Needs. impact of functional foods on prevention of cardiovascular disease and diabetes

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