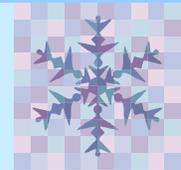


# DIABETES NEWSBEAT



Nebraska Department of Health and Human Services ✕ Diabetes Prevention and Control Program E-Mail: [diabetes@dhhs.ne.gov](mailto:diabetes@dhhs.ne.gov)  
Toll-free: 1-800-745-9311

**INSIDE THIS ISSUE:**

<i>Avoiding the Flu</i>	1
<i>Stop Diabetes Now!</i>	2
<i>Simpler Diabetes Care:</i>	2
<i>Estimated Average Glucose</i>	
<i>Tips for Seniors at Risk</i>	2
<i>Diabetic Eye Disease Facts</i>	3
<i>For Men, Ignoring</i>	
<i>Diabetes Can Be Deadly</i>	4
<i>A Diabetes-Friendly Meal</i>	
<i>Everyone Can Enjoy</i>	5
<i>Teen Diabetes Quiz</i>	6-7
<i>Diabetic Retinopathy</i>	8
<i>Ways you can Help Stop Diabetes</i>	8
<i>Low Vision Rehabilitation</i>	9
<i>When your Child is Diagnosed</i>	9
<i>With Diabetes...</i>	
<i>Small Steps, Big Rewards</i>	10
<i>Control your Diabetes for Life</i>	10

The Nebraska Diabetes Prevention and Control Program (NDPCP) is a Centers for Disease Control and Prevention grant funded program designed to help reduce the burden of diabetes in the State of Nebraska. The NDPCP works in partnership with the American Diabetes Association (ADA) and local community and healthcare groups statewide to provide education and assistance with minimizing health problems which may result from diabetes. The NDPCP focuses on prevention through education.

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**Nebraska Department of Health and Human Services**

## Avoiding the Flu



Photo: James Gathany, Centers for Disease Control and Prevention

Children from six months of age and young people up to 24 years of age are particularly at risk this year from the 2009 H1N1 flu. They are among the groups being given priority to receive the H1N1 vaccine (either shot or mist).

Each year, from late fall through early spring, there are outbreaks of seasonal flu. In addition to this year's seasonal flu, there is the 2009 H1N1 virus. This is causing a more dangerous flu season. More people than usual are getting sick, being hospitalized, and dying than during a typical flu season. Vaccines for seasonal flu and 2009 H1N1 flu are available to help people prevent coming down with them. Here's what you need to know to help avoid getting and passing on the flu.

### Influenza (Seasonal)

The flu is a contagious respiratory illness caused by influenza viruses. It causes mild to severe illness and can sometimes lead to death. The best way to prevent seasonal flu is by getting a flu shot each year. In the U.S. each year on average:

- 5 to 20 percent of the population gets the flu,
- More than 200,000 people are hospitalized from flu-related complications, and
- About 36,000 die from flu-related causes.

Older people, young children, and people with asthma, diabetes, heart disease, and other conditions are at high risk for serious flu complications.

### 2009 H1N1 Influenza

The 2009 H1N1 flu is caused by a different virus than the seasonal flu. Its symptoms are similar to those of seasonal flu, including fever, cough, sore throat, body aches, headache, chills, and fatigue. But those most at risk for 2009 H1N1 are different from those most vulnerable to the seasonal flu. Although sometimes incorrectly called "swine" flu, 2009 H1N1 is not the 1976 swine flu virus. People vaccinated against swine flu in 1976 should still get the 2009 H1N1 vaccine.

The Centers for Disease Control and Prevention (CDC) is urging everyone to get both the seasonal and H1N1 vaccines. The 2009 H1N1 vaccines, either by injection or nasal spray, does not replace the seasonal flu shot. It is intended to be used with it.

Department of Health and  
Human Services  
Diabetes Prevention and  
Control Program

**Unit Administrator**

Dan Cillessen, MSW

**Program Manager**

Kathy Goddard, RD, LMNT,  
CDE

**Community Health  
Educator & Editor**

Rose Zlomke, MS, LMHP

**Community Health Nurse**

Andrea Riley, RN, BSN

**Research Analyst**

Bryan Rettig, MS

**Program Website**

[http://www.dhhs.ne.gov/  
diabetes](http://www.dhhs.ne.gov/diabetes)

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NEBRASKA

Diabetes Prevention  
and Control Program

## STOP DIABETES NOW!



The American Diabetes Association has launched the educational

campaign, "Stop Diabetes," to persuade more Americans to understand and take action to prevent and treat the disease. The Association is spreading its message to families, volunteers, businesses, the scientific and medical communities, and the general public, notes American Diabetes Association Chair of the Board George J. Huntley.

"The goal is to motivate one million new people to take action to stop diabetes in the next 12 months," he says, "and to grow that number to three million people in three years. This will take steadfast courage, unflinching commitment, and patience."

Diabetes has reached crisis proportions. It affects all Americans, either directly or indirectly. The Association is to recruit people from all walks of life to:

- Learn more about diabetes
- Raise awareness among their families, friends, and communities
- Promote more diabetes research
- Volunteer to help spread the message of good health

"The Stop Diabetes movement is saying that we can no longer dismiss or ignore this disease," says Huntley. "It is time to do whatever it takes to confront and stop it."

**To find out more about Stop Diabetes, visit [stopdiabetes.com](http://stopdiabetes.com) or call the American Diabetes Association's toll-free number, 1-800-DIABETES.**

### Tips for Seniors at Risk for Type 2 Diabetes

Lifestyle changes that lead to weight loss—such as making healthy food choices and getting more exercise—are effective in helping to reduce the development of diabetes. These lifestyle changes are especially effective in people age 60 and older, who can reduce their risk of developing type 2 diabetes by 50 percent over 10 years.

### Simpler Diabetes Care: Estimated Average Glucose (eAG)

The American Diabetes Association has a new way to understand blood glucose (sugar) levels over time. It is called "eAG," for estimated average glucose. Like the standard A1C blood test that has been used for many years, it measures average blood glucose over the past two to three months. But it reports the results in a format that is easier for many patients and their healthcare professionals to understand. To discover your eAG, visit the American Diabetes Association's eAG Converter at [www.diabetes.org/eag](http://www.diabetes.org/eag) or call 1-800-DIABETES.

### Clinical Trials and Diabetes

Clinical trials are diabetes studies that test how well new medical approaches work in people. Volunteers are an important part of clinical trials, including healthy people and those with diseases, such as diabetes. For information diabetes clinical trials, contact <http://clinicaltrials.gov/> and search under the term "diabetes".

## Diabetes Eye Disease Facts

- Diabetes is the leading cause of new cases of blindness among adults aged 20–74 years.
- People with diabetes are at risk for developing diabetic eye disease, especially diabetic retinopathy, which can cause vision loss—even blindness.
- Diabetic retinopathy is damage to the blood vessels in the retina due to diabetes. Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year.
- A healthy retina is needed for good vision. The retina is at the back of the eye. It is the part of the eye that can sense light. Over time, high blood sugar, blood pressure, and cholesterol can damage the tiny blood vessels in your retina. These blood vessels may swell and become blocked. New, weaker blood vessels may form. When these changes occur, a person has developed some level of diabetic retinopathy.



- Getting a dilated eye exam at least once a year is important in finding and treating diabetic eye disease early.
- All people with diabetes—type 1 and type 2—can develop diabetic retinopathy, the most common diabetic eye disease. The longer you have diabetes, the more likely it is that you will develop diabetic retinopathy.
- Diabetic retinopathy can damage your eyes even before you see changes in your vision. Left untreated, diabetic retinopathy can cause vision loss.
- More than half of people with type 1 diabetes have some retinopathy after 10 years of diabetes. Almost one-third of people with type 2 diabetes have some retinopathy at the time they are diagnosed.
- There are no warning signs for diabetic retinopathy. A dilated eye exam allows the eye care professional to see the early signs of the disease and help you before your vision is affected. Finding and treating diabetic retinopathy early can help protect your vision.

### People with diabetes are also at risk for these other eye diseases:

**Cataract:** A clouding of the lens, the part of your eye that focuses light rays on the retina.

**Glaucoma:** A group of diseases that can damage the eye's optic nerve. The optic nerve is the part of your eye that sends information from your retina to your brain to tell you what you are seeing.



# For Men, Ignoring Diabetes Can Be Deadly

Historically, men have not been forthcoming about their health, particularly conditions like diabetes, depression, or sexual dysfunction. But today, many men are waking up to the fact that good health and longer life demand positive, consistent action. The National Diabetes Education Program (NDEP) advocates that every person diagnosed with diabetes should learn all they can about their disease and how to manage it.

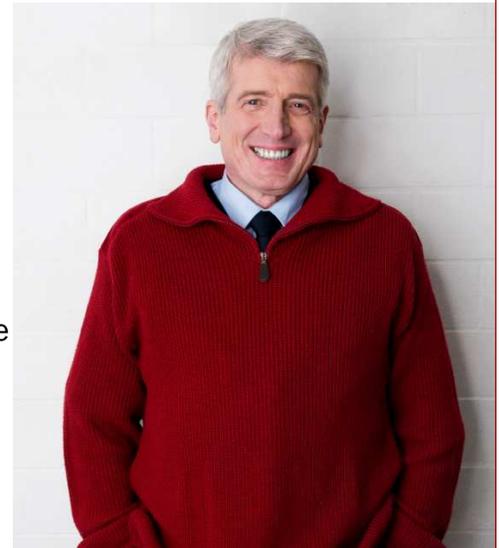
Adopting a "modern man" approach, the American Diabetes Association is encouraging men to get a strong grip on their diabetes and related conditions, actively engage their healthcare providers, and manage their health. By doing so, they can improve and lengthen their lives in three major, related areas that diabetes impacts:

**Physical Health:** Diabetes causes heart disease, and damages the nerves and kidneys. If not properly diagnosed or treated, it can lead to amputation, blindness, and even death.

**Mental Health:** To feel "down" once in a while is normal. But to feel this way for two or more weeks is a sign of serious depression. And studies show that people with diabetes are at greater risk for depression than those without it.

**Sexual Health:** Diabetes can affect sexual function. Some men with diabetes suffer from erectile dysfunction (ED). Low testosterone, which is twice as common in men with type 2 diabetes as those without, can trigger ED and a diminished interest in sex. It can also lead to reduced muscle mass, mood swings, and fatigue.

Fortunately, men can overcome these challenges from diabetes with the support and resources available from such organizations as the National Diabetes Education Program (NDEP) and the American Diabetes Association, which makes available a free 36-page booklet, *The Modern Man's Guide to Living Well with Diabetes*. <http://adamodernman.com/>



## To Find Out More:

- Learn more at [medlineplus.gov](http://medlineplus.gov); type "diabetes" in the Search box.
- Visit the NIH's National Diabetes Education Program Web site: [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)
- Visit [stopdiabetes.com](http://stopdiabetes.com) or call the American Diabetes Association at 1-800-DIABETES.
- Go to the American Diabetes Association site at [diabetes.org](http://diabetes.org).
- Go to <http://www.dhhs.ne.gov/diabetes/>

# A Diabetes-Friendly Meal Everyone Can Enjoy

Knowing what to serve and eat for dinner can sometimes be a challenge—especially for people with diabetes. While eating healthy foods is important for everyone, it's essential for people with diabetes. Diabetes is a disease that results in high glucose, or sugar levels in the blood, which can lead to serious complications. For the 23.6 million people with diabetes in this country, making healthy food choices and being physically active are crucial.

Whether you are a person with diabetes or a family member or friend, you can prepare a meal that is healthy and tastes great. Look for recipes that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. Experiment with recipes that include fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dried peas or beans, and low-fat or nonfat milk and cheese. Other healthy ingredients are foods high in fiber, such as whole grain cereals, breads, crackers, rice, and pasta.

## What's for Dinner?

When planning a meal, start with a salad appetizer. Baby spinach leaves with seasonal fresh vegetables or fruits like sugar snap peas or sliced pears go nicely with a low-fat vinaigrette dressing.

For the main course, stick with lean meats or fish. Here is a recipe for baked salmon. It takes about half an hour to prepare. Nutrition information, including carbohydrate grams, is provided.



A great side dish to serve with salmon is brown rice. Cook the rice with garlic, ginger, or green onions to give it more flavor. For dessert, serve a selection of fresh fruits of the season or a small scoop of fat-free or low-fat frozen yogurt or sorbet instead of regular ice cream.

## ENTREE: BAKED SALMON DIJON\*

Serves 6

### Ingredients:

- 1 cup fat-free sour cream
- 2 tsp dried dill
- 3 Tbsp finely chopped scallions
- 2 Tbsp Dijon mustard
- 2 Tbsp lemon juice
- 1 ½ lb salmon fillet with skin (cut in center)
- ½ tsp garlic powder ½ tsp black pepper



**Instructions:** Preheat oven to 400 °F. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend. Lightly oil baking sheet with cooking spray. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce. Bake salmon until just opaque in center, about 20 minutes.

**Nutrition Information Per Serving:** Calories 196, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 76 mg, Sodium 229 mg, Fiber less than 1 g, Protein 27 g, Carbohydrates 5 g

\* Recipe taken from [Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute](#)

# Teen Diabetes Quiz

1. Diabetes causes your:
  - a. Blood glucose to be too low
  - b. Blood glucose to be too high
  - c. Body to stop making blood glucose
2. Teens can have different types of diabetes.
  - a. True
  - b. False
3. You can keep your blood glucose close to your target range if you:
  - a. Make healthy food choices and are active every day
  - b. Stay at a healthy weight
  - c. Take your medicine if needed
  - d. Check your blood glucose
  - e. All of the above
4. Teens with diabetes can eat sugar, sweets, and desserts.
  - a. True
  - b. False
5. Carbs that have a lot of fiber are:
  - a. White bread and white rice
  - b. Whole grain foods and fresh fruits and vegetables
  - c. Sweetened fruit drinks
  - d. Sweets and desserts
6. If you have diabetes, you should:
  - a. Get 60 minutes of physical activity every day
  - b. Get 20 minutes of physical activity every week
  - c. Limit your physical activity
  - d. Try to reach 10,000 steps a day
  - e. Both a and d



7. A type of fat that can be healthy for your heart comes from:
  - a. Chicken skin
  - b. Whole milk
  - c. Nuts and avocado
  - d. Butter
8. You can get enough physical activity by just:
  - a. Watching TV and playing video games
  - b. Going for a walk on the weekend
  - c. Swimming at the beach in the summer
  - d. Being active every day in a way you enjoy
9. Teens with diabetes should not eat at fast food restaurants.
  - a. True
  - b. False
10. Teens get type 2 diabetes because:
  - a. They have certain genes
  - b. They are overweight
  - c. They have a family member who has diabetes
  - d. They are American Indian, Alaska Native, African American, Hispanic/Latino, Asian American, or Pacific Islander
  - e. All of the above

**National Diabetes  
Education Program:**  
[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

## Teen Quiz Answers :

1. **Answer: B** Diabetes is a disease in which your blood glucose (sugar) levels are too high. Glucose comes from the food you eat. Your blood always has some glucose in it because your body needs glucose for energy. But having too much glucose in your blood isn't healthy.
2. **Answer: A** There are three main types of diabetes. In type 1 diabetes, the cells in the pancreas that make insulin are destroyed. If you have type 1 diabetes, you need to get insulin from shots or a pump everyday. In type 2 diabetes, the pancreas still makes some insulin but cells cannot use it very well. If you have type 2 diabetes, you may need to take insulin or pills to help your body use its glucose better. Gestational diabetes is another type of diabetes that can occur during pregnancy.
3. **Answer: E** The best way to keep your blood glucose close to your target range is to make healthy food choices, be active everyday, and stay at a healthy weight. You may also need to take medicines (including insulin) and check your blood glucose.
4. **Answer: A** Small amounts of foods that contain sugar can be part of a healthy meal plan. Desserts such as cakes, pies, cookies, and ice cream contain a lot of fat as well as sugar. If you choose to eat any of these sweet foods, just have a small amount at the end of a healthy meal. Talk to your healthcare team about how sweet foods can fit into your meal plan.
5. **Answer: B** Some carbs are better for you than others. Choose fiber-rich carbs like whole grain foods and fresh fruits and vegetables. Choose carbs like white bread and white rice, sweetened fruit drinks, and sugary desserts less often. If you eat too many carbs at one time, your blood glucose may get too high.
6. **Answer: E** Being active is an important part of a healthy lifestyle—whether you have diabetes or not. It can give you more energy and help you focus in school. If you haven't been very active in the past, start slowly. Don't get upset if you can't do a lot, or if you get out of breath at first. Pick something you like—riding a bike, roller blading, or dancing. Slowly work up to at least 60 minutes every day. You might find it fun to count your steps with a pedometer (step counter). Add a few more steps each day—try to reach 10,000 steps a day.
7. **Answer: C** Some types of fats are better for you than others. Choose heart-healthy fats like a ¼ cup of nuts or one slice of avocado. Fats like chicken skin, whole milk, and butter are not heart-healthy fats. When you drink milk, pick low-fat or nonfat milk. Remember that all fats have lots of calories, so you need to limit your portion sizes.
8. **Answer: D** It's important to be active every day! Physical activity can make you feel better if you are in a bad mood or stressed out. It also helps your body use blood glucose for energy. You don't have to play a sport or go to a gym. Ask your family members and friends to do something fun with you—take a walk after dinner instead of watching TV and playing video games, or put on a CD and dance.
9. **Answer: B** You can eat at fast-food restaurants, just not every day. When you do, don't "super-size" it. Choose a simple hamburger rather than a burger covered with sauce, cheese, and bacon. Add a baked potato with a small serving of sour cream or a small serving of fries. Choose a small salad with low-calorie dressing. Meals that are healthy for teens with diabetes are great for everyone—you, your family, and your friends.
10. **Answer: E** There are many reasons why teens get type 2 diabetes. Being overweight puts you at risk for type 2 diabetes. Having a family member with diabetes means that certain family genes increase the risk for type 2 diabetes. Some racial groups also have a greater chance of getting type 2 diabetes—American Indians, Alaska Natives, African Americans, Hispanics/Latinos, Asian Americans, and Pacific Islanders. Genes also appear to interact with things like viruses and toxins in the environment to cause type 1 diabetes.

## Discussing Diabetes with Your Healthcare Provider

### Diabetes Medications—Always Discuss Them with Your Healthcare Provider

If you have diabetes, how low should your blood sugar go?

Because of safety concerns, the National Heart, Lung, and Blood Institute (NHLBI) stopped one part of a large clinical trial in 2008. The ACCORD study followed adults with type 2 diabetes and heart disease. In a surprise to researchers, it showed that intensively lowering blood sugar (glucose) below current recommendations increases the risk of death when compared with less-intensive standard treatments. For decades, scientists believed that lowering blood sugar to normal levels helps reduce the risk of dying from heart disease. But experts were quick to say that diabetics should not change their current treatments.

“People with diabetes should never adjust their treatment plan or goals without consulting their healthcare providers,” says Judith Fradkin, M.D., director, Division of Diabetes, Endocrinology, and Metabolic Diseases at the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

“The ACCORD [study] findings were important, but did not change therapy for most patients with type 2 diabetes. Few patients with high cardiovascular risk like those studied in ACCORD are treated to blood sugar levels as low as those tested in this study,” she added.

### Ways You Can Help Stop Diabetes

#### To Prevent Diabetes For Yourself:

- **Make healthy lifestyle choices.** Stay physically active, eat nutritious, well-balanced meals, and lose weight if you are overweight.
- **Learn about diabetes.** People who understand more about the disease have a better chance of avoiding it later on.
- **Use My Food Advisor** at [diabetes.org/mfa](http://diabetes.org/mfa) to get recipes, learn about healthy food substitutions, and plan healthful meals.
- **Take the quick and easy Diabetes Risk Test** at [diabetes.org/risktest](http://diabetes.org/risktest) to determine your risk for pre-diabetes or type 2 diabetes.
- **Get a check-up.** Screening for diabetes is an important step in preventing the disease.

#### To Help Others:

- **Volunteer.** Get involved in the fight against diabetes.
- **Help Diabetes Research.** Take part in clinical trials ([www.clinicaltrials.gov](http://www.clinicaltrials.gov)).

## Nebraska Tobacco Quitline

**TOLL-FREE**

1-800-QUIT-NOW  
(1-800-784-8669)



for a great state of health

Nebraska Department of Health & Human Services  
Division of Public Health

## Low Vision Rehabilitation

When someone is diagnosed with diabetes, the best possible health results occur when that patient has a team on the medical side as well as on the rehabilitative side.

On the medical side, this team usually includes the primary care physician (internist, family practitioner, etc.) to monitor sugar levels, blood pressure and over-all health; a diabetes nurse to assist with those functions; a primary eye care specialist to monitor changes in the eye; and perhaps a retinal specialist, if changes have begun.

If medical intervention cannot treat changes that have occurred, patients should explore low-vision rehabilitation.

If damage has occurred and vision loss has resulted, a low-vision rehabilitation team can help the patient regain quality of life. In addition, when conventional lenses fail to address a patient's functional need, there are many other options the low-vision rehabilitation team can recommend.

The goal of the rehabilitation team is to maximize the patient's remaining vision so that he or she might meet the challenges of daily living.

The team usually consists of the primary eye doctor, a rehabilitation teacher/therapist and a counselor. In addition to the team support, the low-vision team has access to many devices, tools and aids that can be prescribed for people with partial sight.



## When Your Child is Diagnosed with Diabetes: Parents' Questions for the Healthcare Team

- What are the different types of diabetes? Which type does our child have? Will it ever go away?
- What does this mean for members of our family? Does it mean our other children will get diabetes, too?
- What are my child's treatment goals? How can we help our child meet these goals? How often will our child need to visit you each year?
- What other healthcare team members can help care for our child's diabetes? How do we contact them?
- How can we work together as a family to help our child?
- What emotional issues might our child and family face?
- Should we tell friends and family about our child's diabetes?
- Who can help us if we don't have medical insurance?
- What resources are there to help our child in school?
- What research is going on?



## SMALL STEPS, BIG REWARDS: PREVENTING TYPE 2 DIABETES

The good news is type 2 diabetes can be delayed and possibly prevented by:

- losing a modest amount of weight
- exercising 30 minutes a day five times a week
- choosing healthy foods and reducing calories and fat in the diet

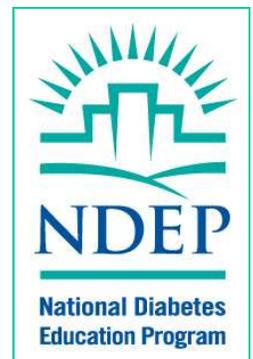
These are the plain facts in "Small Steps. Big Rewards: Prevent Type 2 Diabetes," an education campaign of the National Diabetes Education Program (NDEP) to stem the growing epidemic of diabetes. The program is a beacon of hope to millions of Americans with pre-diabetes (higher than normal blood glucose levels but not yet diabetes).

"Fifty-seven million Americans are at risk for type 2 diabetes," says Joanne Gallivan, M.S., R.D., NDEP director at the National Institute for Diabetes and Digestive and Kidney Disease (NIDDK). "They can delay or possibly prevent it. It boils down to following a

healthy lifestyle by taking small steps that can lead to a big reward, such as eating smaller portions and walking upstairs instead of taking the elevator."

The NDEP campaign stems from findings of the Diabetes Prevention Program (DPP), a landmark study sponsored by the National Institute of Health (NIH). The study found that people at increased risk for type 2 diabetes can delay or possibly prevent its onset if they lose five to seven percent of their body weight through a combination of increased physical activity and a reduced-fat, lower-calorie diet. For a 200-pound person, it means losing about 10 pounds.

The DPP and its follow-up study proved that modest weight loss could effectively delay or possibly prevent type 2 diabetes in all high-risk groups.



### “Control Your Diabetes, For Life”

The National Diabetes Education Program (NDEP) developed the "Control Your Diabetes, For Life" educational campaign, jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), with the support of more than 200 partner organizations.

The message is: People with diabetes who keep their blood glucose (sugar) as close to normal as possible soon after they are diagnosed have fewer problems with their eyes, nerves, and kidneys. They also have fewer heart attacks later in life.

Glucose levels are measured by a blood test—called the A1C test—that averages a person's glucose range over the past two to three months.

"This is very important for people with diabetes to know," says Griffin P. Rodgers, M.D., Director of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). "Diabetes is a serious disease. Managing it is not easy, but the benefits are worth the effort. Keeping your blood sugar in a target range that is safe for you reduces the chances of serious health problems later on."

For more information about "Control Your Diabetes, For Life" campaign visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call toll-free

"Everyone's target range is different, so talk with your healthcare team about the best target goal for you," says NDEP Director Joanne Gallivan, M.S., R.D. "Also, controlling blood pressure and cholesterol can lower your risk for heart attacks and other diabetes complications."