Diabetes and heart disease

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Uncontrolled diabetes can lead to numerous systemic complications, including inflammation and oxidative stress, both of which contribute to the development of heart disease. Insulin resistance occurs when cells become less responsive to insulin's actions, resulting in higher levels of glucose in the bloodstream. While commonly associated with type 2 diabetes, this phenomenon can also affect those with type 1 diabetes or prediabetes. Did you know? Insulin resistance plays a central role in promoting inflammation within blood vessels and impaired cardiac function contributing factors known to accelerate heart disease progression.



Elevated blood sugar levels in diabetics increase the risk of developing cardiovascular problems such as high blood pressure, coronary artery disease, and even heart failure. Diabetes also impacts the heart through a process called glycation. Excess glucose in the bloodstream can bind to proteins. Another consequence of diabetes on the heart is autonomic neuropathy. In this condition, nerves that control involuntary body functions such as heartbeat become damaged by chronically high blood sugar levels. As a result, people with diabetes may experience an irregular or rapid heartbeat (arrhythmias) or even a silent myocardial infarction without experiencing typical chest pain symptoms.
Incorporating lifestyle changes like regular physical activity, managing blood sugar levels at home and healthy eating habits are crucial steps towards achieving optimal blood sugar control while lowering the likelihood of developing heart disease.