

Types of Heart Disease Linked to Type 2 Diabetes



Coronary Heart Disease

This is the most common type of heart disease in people with diabetes. When you have it, the arteries that carry blood to the muscle of your heart have a buildup of a fatty, waxy substance called plaque.

With time, plaque gets hard and makes your arteries stiff. As more of it collects, there's less room for blood to flow, so your heart doesn't get the oxygen it needs. Clumps of plaque can also burst apart, making you more likely to get blood clots in those vessels.

Add it all up, and it can lead to conditions like:

Angina. You may feel pain, pressure, or squeezing in your chest. You might even feel it in your arms, back, or jaw as well. Sometimes it feels a lot like indigestion. Physical activity and strong emotions can set it off or make it worse.

Arrhythmia. This is when your heart rate or rhythm is off. You might feel like your heart skips a beat, flutters, or beats too fast. At its worse, it can cause sudden cardiac arrest, where your heart stops beating.

Heart attack. It's caused by a clot that cuts off blood flow in the arteries of the heart. You're likely to have pain or discomfort in the center or left side of your chest. But that's not always the case. With diabetes, you have higher odds of silent heart attacks, where you don't even feel it happen.

Read more:

Heart Disease and Type 2 Diabetes

It's crucial to pay attention to your heart health when you have diabetes. Here are some complications to watch out for.

Opinion: The silent career killer for women

Menopause is one of the last great taboo subjects in the workplace but its impacts are great — and it's time we talked about it. It can increase women's dissatisfaction with work, absenteeism and desire to quit their jobs, writes Ruth McPhail.



HYDROGENATED

OILS: These oils contain trans fats. Hydrogenated oils, like vegetable oil, are considered the worst cooking oils by health experts. In fact, experts are of the opinion that there is no safe amount of hydrogenated oil that can be used. Hence, to reduce the risk of cancer, you must completely avoid hydrogenated oils.

Diabetic Neuropathy: Can It Be Reversed

Diabetic neuropathy is a common, but painful symptom of diabetes. We'll discuss its underlying causes and possible complications, as well as ways you can manage it.



How to Get Rid of a Migraine: A Step-by-

The hammering, throbbing pain of a migraine can quickly ruin your day. Here's a step-by-step guide detailing what to do when a migraine strikes.

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[Mom's Marijuana Winds Up in Breast Milk](#)



Diseases Linked to High Cholesterol

[High cholesterol](#) is associated with an elevated risk of [cardiovascular disease](#). That can include coronary [heart disease](#), [stroke](#), and peripheral vascular disease. [High cholesterol](#) has also been linked to [diabetes](#) and [high blood pressure](#). To prevent or manage these conditions, work with your doctor to see what steps you need to take to lower your [cholesterol](#).

Cholesterol and Coronary Heart Disease

The main risk from high cholesterol is coronary [heart disease](#). If the [cholesterol](#) level is too high, cholesterol can build up in the walls of your [arteries](#). Over time, this build-up -- called plaque -- causes hardening of the arteries or [atherosclerosis](#). This causes arteries to become narrowed, which slows the [blood](#) flow to the [heart](#) muscle. Reduced [blood](#) flow can result in [angina](#) (chest pain) or in a [heart attack](#) if a blood vessel gets blocked completely.

Cholesterol and Stroke

[Atherosclerosis](#) causes arteries that lead to the [brain](#) to become narrowed and even blocked. If a vessel carrying blood to the [brain](#) is blocked completely, you could have a [stroke](#)

Cholesterol and Peripheral Vascular Disease

High cholesterol also has been linked to peripheral vascular disease. This refers to diseases of blood vessels outside the heart and brain. In this condition, fatty deposits build up along artery walls and affect blood circulation. This occurs mainly in arteries that lead to the legs and feet.

Cholesterol and Diabetes

Diabetes can upset the balance between HDL and LDL cholesterol levels. People with diabetes tend to have LDL particles that stick to arteries and damage blood vessel walls more easily. Glucose (a type of sugar) attaches to lipoproteins (a cholesterol-protein package that enables cholesterol to travel through blood). Sugarcoated LDL remains in the bloodstream longer and may lead to the formation of plaque. People with diabetes tend to have low HDL and high triglyceride (another kind of blood fat) levels. Both of these boost the risk of heart and artery disease.

Read more

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