



**Heart and diabetes,
think about**

drinking water



International Chair on
Cardiometabolic Risk

Heart and diabetes, a major public health issue



Cardiovascular diseases are the leading cause of death worldwide.

80 million American people have one or more forms of cardiovascular disease¹.

Diabetes has developed very rapidly with over 240 million diabetics worldwide² in 2009.

An evolution of the disease leads us to estimate that by 2025 there will be more than 380 million diabetics.

In the United States, more than 21 million people today are diabetics, of which 16 million suffer from type 2 diabetes³.

Type 2 diabetes is characterised by too much glucose in the blood, which is strongly related to our lifestyle⁴. Type 2 diabetes is generally an adult disease. However, today, it concerns an ever-increasing number of children and adolescents⁵.





The metabolic syndrome

The ICCR⁶ experts have highlighted the fact that the risks of cardiovascular diseases and of diabetes are greater for individuals **with large waist circumference (exceeding 102⁷cm for men and 88⁷cm for women)** and who show notably a metabolic imbalance such as high level of fats in the blood (triglycerides, cholesterol)⁸.

This combination can reveal the presence of a syndrome, known as the metabolic syndrome. This syndrome can be detected during a check-up with the physician. The «visceral» fat that settles around the abdomen and that is responsible for the gradual increase in the waist circumference should be watched carefully.

Indeed, experts have proved that the larger the waist, the greater the risks of cardiovascular diseases and of diabetes⁹.



What are my risk factors?

Do you smoke?

› Smoking doubles the risk of having a heart attack if you smoke 10 cigarettes a day and triples the risk if your consumption reaches 20 cigarettes a day¹⁰.



Do you have high blood pressure?

› High blood pressure is a silent condition and, in the long term, tires your heart¹¹. It is important to have your blood pressure checked regularly.

Are you diabetic or do you have a history of diabetes in your family?

› A simple blood test will give you the glucose level in your blood. Today, we estimate that around 5,7 million American people are diabetic³ without knowing it.

Do you have a high level of fats in the blood (cholesterol, triglycerides)?

› 32% of the American population are concerned by excess cholesterol. When the level of "bad" cholesterol (LDL) is too high, it gradually builds up on the walls of arteries and is responsible for cardiovascular diseases¹². Abnormal level of fats in the blood such as an excess of "bad" cholesterol or triglycerides, or a low level of "good" cholesterol (HDL) should be taken into account in the prevention of obesity and cardiovascular diseases. A prescription from your physician for a simple blood test will enable you to check your levels.

Is your waist circumference more than 88 cm if you are a woman or more than 102 cm if you are a man?

› A waist circumference more than 102 cm for men or more than 88 cm for women and notably a high level of fats in the blood (triglycerides, cholesterol) constitute the important criteria in the detection of the metabolic syndrome⁸. Patients with the metabolic syndrome have twice the chance of contracting cardiovascular diseases and multiply their risk of diabetes¹³⁻¹⁴ by 3 to 5. Your physician can simply and rapidly detect the metabolic syndrome.





Do you practice regular physical activity?

➤ The French programme for the reduction of cardiovascular risk¹⁵ recommends a minimum of 30 minutes (for example 2 x 15 minutes or 3 x 10 minutes) of moderately intense physical activity per day¹⁵ (walking, swimming...).



How much water do you drink during the day? Do you drink sugar-sweetened beverages regularly?

➤ Water contains no calories and is the ideal partner to hydrate yourself when you want to control your weight. Substituting a large glass (250ml) of sugar-sweetened beverage for a glass of water is a simple, everyday way of contributing to the decrease of your energy intake. **Water is thus the preferred beverage for hydration purpose.** It is recommended to drink at least 1.5l per day*.

* For a healthy sedentary adult living in a temperate climate.

Risk factors of cardiovascular diseases that we cannot control:

- **Heredity:** the risk of developing cardiovascular diseases increases if a member of the family already has this complaint at an early age (before 50).
- **Gender:** men are more concerned by cardiovascular diseases than non-menopausal women.
- **Age:** after 60, menopausal women are at the same risk as men, and the frequency of female cardiovascular accidents increases¹⁵.

➤ If you are concerned by at least one of these risk factors, do not hesitate in consulting your doctor for eventual screening.

Good hydration is at the heart of a healthy lifestyle

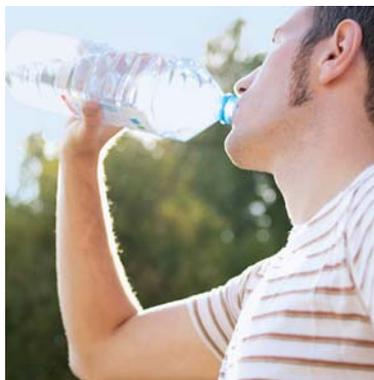


One of the ways of reducing the risks of cardiovascular diseases and of diabetes is by adopting good eating habits and physical activity.

Amongst these good habits, the "American Heart Association" has recently recommended the significant reduction in quantity of added sugars in our daily diet, in order to control our weight and reduce the risk of cardiovascular diseases¹⁶. The recommendation is that the daily intake of added sugars shouldn't represent more than 100 calories for a woman and 150 calories for a man.

Experts have highlighted* that the daily consumption of at least one sugar-sweetened beverage is strongly associated with the increase in risk of developing the metabolic syndrome¹⁷. It is thus obvious that good eating habits include controlling added sugars that are found in what we eat and drink¹⁸.





A simple behaviour is to replace sugar-sweetened beverages by water, that enables us to control our energy intake:

- Water has no calories and is the ideal partner to hydrate ourselves when we want to control our weight.
- Water is the only liquid in our diet that is really vital for our body. It is recommended to drink 1.5 L** a day to ensure the good functioning of our body¹⁹.
- Water is also a real ally when practicing physical activity. We should drink more before, during and after physical effort.

Water is the preferred beverage for hydration purpose. Do not hesitate to drink water throughout the day.



* Study carried out on several thousand patients in the United States from 1948 to today

** For a healthy sedentary adult living in a temperate climate

The ICCR, who are we?

The ICCR is the very first international, academic, multidisciplinary organisation that looks into cardiometabolic risk. Its objective is to promote scientific research on prevention, evaluation and management of people at a high risk of developing a cardiometabolic disease. It is made up of complimentary discipline experts (diabetes specialists, cardiologists, obesity specialists, hypertension, nutrition and physical activity specialists) all of international renown.

For more information, visit the website at:

www.cardiometabolic-risk.org



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- ¹⁸ ICCR MD conference 2009
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