



## Diabetes and the Risk for Heart Disease

More than 29 million people in the U.S. have diabetes and nearly 28% of those people don't know that they have it. If left untreated it can lead to serious health problems such as heart disease, stroke, blindness, kidney disease, amputation, or death.

November is National Diabetes Month. This year's theme highlights the critical link between diabetes and heart disease. Adults diagnosed with diabetes are nearly two times more likely to be hospitalized for a heart attack or die of heart disease and are 1.5 times more likely to be hospitalized for a stroke than adults without diagnosed diabetes.

Employers can encourage their employees to control the **ABCS** of Diabetes:

### A1c Blood Glucose Level

- An A1c test shows what your blood glucose has been over the last 3 months
- High blood glucose levels can harm your heart, blood vessels, kidneys, eyes, and feet

### Blood Pressure

- High blood pressure makes your heart work too hard
- It can cause heart attack, stroke, and kidney disease

### Cholesterol

- Bad cholesterol (LDL) can build up and clog your blood vessels
- Can cause a heart attack or stroke

### Smoking

- Stop Smoking
- Call the Maine Tobacco Helpline: 1-800-207-1230

Heart disease can be a serious health problem for people with diabetes. Taking care of your diabetes means you have less chance of having a heart attack or stroke. What can you do?

- Eat well
- Be active
- Learn to cope with stress
- Take your medicine
- Stop smoking
- Attend a Diabetes Self-Management Training (DSMT)- ask your doctor or visit the [Maine Diabetes Prevention and Control Program](#) website to find DSMT in your area

The [Maine CDC Diabetes Prevention and Control Program](#) focuses on promoting excellence in diabetes care; increasing access to care; promoting and supporting diabetes self-management education; preventing and reducing diabetes risk factors; and eliminating disparities related to diabetes prevention and control.

### For more information:

<http://ndep.nih.gov/partners-community-organization/national-diabetes-month/2014.aspx>

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## November Health Observances

- ◆ [American Diabetes Month](#)
- ◆ [COPD Awareness Month](#)
- ◆ [Lung Cancer Awareness Month](#)
- ◆ [National Healthy Skin Month](#)
- ◆ [National Skin Cancer Awareness Month](#)
- ◆ [Great American Smokeout](#) (20)

## December Health Observances

- ◆ [World AIDS Day](#) (1)
- ◆ [National Influenza Vaccination Week](#) (7-13)
- ◆ [Safe Toys and Gifts Month](#)



Maine Center for Disease  
Control and Prevention

An Office of the  
Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

## Tobacco and the Workplace

For many businesses, the conversation around tobacco usually centers around two topics.

### 1) Where can people smoke?

Smoking is **not allowed** in:

- Enclosed areas where work is performed and in common areas
- Outdoors, within 20 feet from entryways, vents and doorways, or in a location that allows smoke to circulate back into the building (*applies to employees but not the general public*)
- Employer-owned and leased vehicles used by employees
- Employee-owned vehicles used in the course of work, whenever other employees are present in the vehicle, or another person is in the vehicle for work-related reasons
- Outdoor eating areas when open and available for dining or beverage service

The law regulates tobacco smoking—of cigarettes, pipes, cigars, etc. It does not regulate the use of other tobacco, such as chewing tobacco and snuff. It also does not apply to electronic cigarettes ( e-cigarettes).

Employers may make rules about tobacco use that go beyond State of Maine law.

- Employers may decide to prohibit all tobacco use, not just smoking, as well as e-cigarettes.
- They may decide not to allow smoking anywhere on their property, including outdoors.

### 2) What resources are available for employees who want to quit?

Most people that use tobacco actual want to quit. Quitting smoking can be tough. For some people it can take several attempts to finally quit.

The Maine Tobacco HelpLine can make it easier, and increase your chances of quitting for good. You are **two to three times more likely to quit** by using the HelpLine than if you try alone.

**The Maine Tobacco HelpLine** will help you:

- create a personal quit plan
- learn tips to feel better during the process
- get information about medications

**It's free, confidential, and it really works.**

For more information on workplace smoking laws please visit [http://www.tobaccofreemaine.org/explore\\_facts/documents/25-717LawSummary.pdf](http://www.tobaccofreemaine.org/explore_facts/documents/25-717LawSummary.pdf) or contact Maine CDC Partnership for a Tobacco-Free Maine at 207-287-4627 or [ptm.dhhs@maine.gov](mailto:ptm.dhhs@maine.gov).

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## Additional Resources



**National Diabetes Education Program**



**THE MAINE TOBACCO HELPLINE**



*Department of Health and Human Services*

*Maine People Living Safe, Healthy and Productive Lives*

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner