

Prevent Diabetes, High Blood Pressure & Heart Disease

Prevention and Management Tips



- Eat a heart-healthy diet (low salt, low sugar, high fiber)
- Exercise regularly
- Monitor blood pressure and blood sugar
- Quit smoking
- Manage stress
- Maintain a healthy weight
- Choose fruits, vegetables, beans, and whole grains
- Limit sodas, sweets, and processed snacks
- See your doctor, dentist, and cardiologist regularly

Live Stronger. Stay Informed. Take Action.

Visit: **Texas Tech Physicians of El Paso** for
more information @ttuhscep.edu

Texas Tech Health Community Health Outreach Program EL PASO

ABOUT US

The **Community Health Outreach Program** at **Texas Tech Health El Paso** empowers Borderland residents to live healthier lives by providing community responsive education, preventive care resources, and support through our dedicated team of Community Health Workers (CHWs)/*Promotores* and Student Volunteers. Committed to increasing health literacy and reducing chronic disease in our community, we work in partnership with families to build a **stronger, healthier El Paso** region.

Our Community Health Outreach Workers are here to help connect you to:

- Low-cost dental services
- Help making appointments
- Oral health workshops and community events

Ask about services available right here in El Paso!

This brochure is for informational purposes only and is not a substitute for professional medical advice. Please consult your healthcare provider if you have any questions.



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at Texas Tech Health El Paso

LIVE LONGER. LIVE STRONGER.

Managing Diabetes, High Blood Pressure, and Heart Disease

**Learn how you can stay healthier and
prevent health complications.**

Early action saves lives.

Texas Tech Health 
EL PASO

Diabetes High Blood Pressure Heart Disease

Understanding These Conditions

Diabetes:

The body doesn't make enough insulin or use it effectively.

High Blood Pressure (Hypertension):

The force of blood pushing against artery walls, measured in mmHg.

Heart Disease:

A variety of heart conditions, many of which are preventable.

Double Risk: Coexistence of Diabetes + High Blood Pressure increases the risk of cardiovascular complications

SYMPTOMS TO WATCH OUT FOR

Symptoms of Diabetes

- Frequent urination
- Increased thirst
- Unexplained weight loss
- Blurred vision
- Numbness or tingling
- Fatigue
- Very dry skin
- Slow-healing sores
- Darkened skin patches

Symptoms of High Blood Pressure

- Headaches (severe cases)
- Dizziness or blurred vision
- Chest pain, shortness of breath
- Rare nosebleeds

Heart Disease Symptoms

- Chest pain, nausea, arm or jaw pain (Heart Attack)
- Persistent coughing, swelling (Heart Failure)
- Palpitations, fainting (Arrhythmias)
- Fatigue, swelling (Valve Disease)

Prevention and early treatment are key!

Talk to your Doctor



Early detection and treatment can help you manage the health conditions and live a longer and **healthier life**.

Visit: **Texas Tech Physicians of El Paso** to schedule an appointment with a health provider: @ttuhscep.edu

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