

## **Soundbite Script – Getting to the Heart of Diabetes**

**Tanya Munger, nurse practitioner, OSF HealthCare Endocrinology**

“Heart disease is the number one cause of death in people with diabetes. Patients with diabetes are two to four times more likely to have a heart attack. High blood sugar does a significant amount of damage to the blood vessels and the nerves that control the heart.”

**Tanya Munger, nurse practitioner, OSF HealthCare Endocrinology**

“We want them engaging in healthy habits at home, making sure they’re eating healthy, nutritious meals, watching their portion size, carbohydrate and fat content. We want them to engage regularly in some of physical activity to help keep the blood pressure, blood glucose and cholesterol lower. We don’t want them smoking cigarettes, and really following their plan of care and taking medications on a regular basis and monitoring their blood sugars.”

**Tanya Munger, nurse practitioner, OSF HealthCare Endocrinology**

“It consumes every piece of your life. Whatever you eat, your activity, when you’re sick, if you’re stressed, if you’re excited about buying a house or going on a vacation all of those things can alter your blood glucose readings. We’re asking patients to do a lot of things that aren’t fun. Here poke your finger four times a day. Poke your belly a few times a day. Everything we ask them to do is really time consuming. And quite honestly not fun. But they do it because they want to be well.”

**Tanya Munger, nurse practitioner, OSF HealthCare Endocrinology**

“Nobody wants a heart attack or a stroke. No provider wants their patient to have a heart attack or a stroke so that’s a common goal, I think, we can all agree on and work on together.”