

Studies have shown an increase incidence of heart disease in the presence of diabetes

With a high prevalence of heart disease and diabetes there is a need to understand the role of a proper functioning body. In regards to diabetes and cardiovascular disease, the role of glucose balance is of marked importance. Maintaining proper glucose levels eliminates an exacerbating risk factor for both diabetes and cardiovascular disease. A body which is in homeostasis is free of disease contrasted with a body where malfunction is present, disease emanates. Maintaining healthy balance of glucose and insulin helps to ensure optimal health.



What can you do today to ensure a proper functioning body?

Begin practicing the 5 Pillars to Healthy Function

- Eat quality foods
- Get adequate sleep
- Be active
- Promote healthy digestion
- Embrace peace & a spiritual connection, eliminate stress

Ask your doctor today for practical tips on implementing the 5 pillars into your everyday life. For more information on reclaiming your health from a functional perspective



The Functional Perspective provides relevant information that puts health into context of people's lives. Providing the encouragement and tools necessary to navigate health challenges to achieve well-being.

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THE FUNCTIONAL PERSPECTIVE PRESENTS

HEART DISEASE AND DIABETES

IN NACOGDOCHES COUNTY &
THE STATE OF TEXAS

Reclaiming your health through a functional perspective



A SHIFT IN ADVERSE HEALTH...

The primary health concerns of the late 19th and early 20th centuries were infectious diseases. A shift in adverse health came about after the fortification and enrichment of foods. Chronic diseases, such as heart disease, cancer and stroke, became the prevailing ailments. These diseases continue to rise, some at alarming rates. Let us take a quick look at the relationship between two prevalent diseases today, Heart Disease and Diabetes, especially in the state of Texas.



NACOGDOCHES COUNTY & STATE STATISTICS

Prevalence of Cardiovascular Disease and Diabetes in ages 45 & up (35& up in Nacogdoches County)

- Adjusted coronary heart disease death rate in Nacogdoches county: 388 per (100,000)
- Statewide diabetes: 40.7%
- Statewide cardiovascular: 36.9%
- Texas Health Region 5, Heart disease: 20.1% of men and 21.5% of women

IS THIS A SIGN OF DYSFUNCTION IN THE BODIES OF THE POPULATION?

Maintaining a healthy status requires a homeostasis of the bodily systems. Having healthy levels of glucose in our blood is vital for proper balance. When we eat, signals are sent in our body to aid in the metabolizing of the food we ate. Insulin is the result of one of those signals. It is the key which allows glucose to enter the cells. Without proper signaling of insulin, glucose cannot enter the cells. This results in glucose going to other parts of the body. For our body to function properly it is important to keep glucose levels and insulin levels stable.

When our glucose levels are outside of a healthy range, glucose attaches to proteins resulting in Advanced Glycation End Products (AGEs). Excessive AGEs leads to plaque forming in the blood vessels. One consequence is a hindrance in the release of nitric oxide into the blood stream. With this compromised system, the body has a difficult time repairing daily wear and tear. Thus an increase in inflammation. Heart disease often happens. In fact...

