

DIABETES increases risk of HEART DISEASE:



DIABETES affects about **1 OUT OF 10 PEOPLE** in U.S.

HEART DISEASE is the **LEADING CAUSE** of death among adults with **DIABETES**

WHY are they LINKED?

HIGH BLOOD SUGAR can damage blood vessels and cause:

▶ Heart Attack

▶ Stroke

▶ Peripheral Artery Disease

People with diabetes also may have **OTHER HEART RISK FACTORS:**

▶ High Blood Pressure

▶ High Cholesterol

▶ Lack of Activity

▶ Obesity / Being Overweight

WHAT YOU CAN DO TO PROTECT YOUR HEART



Follow **ABCs OF DIABETES** by lowering:

✓ **A1C** (test that measures blood sugar)

✓ **Blood pressure**

✓ **Cholesterol**



QUIT SMOKING



TAKE MEDICINE if prescribed



BE ACTIVE for 30 min., 5x a week



EAT more VEGETABLES & FRUITS

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

▶ Go to [CardioSmart.org/DiabetesandHeartDisease](https://www.cardiosmart.org/DiabetesandHeartDisease) to learn more about diabetes and tips to protect your heart.