

## 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.