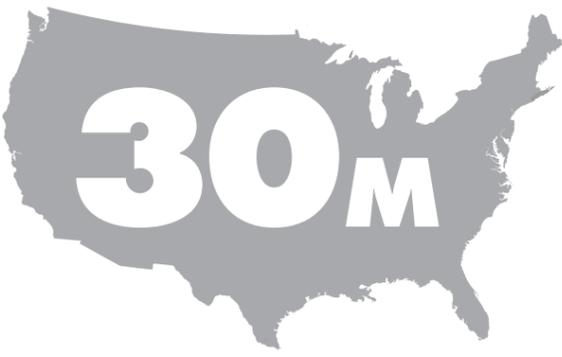


Know **Diabetes** by **Heart**™

DIABETES AND CARDIOVASCULAR DISEASE

Diabetes is a condition that causes blood glucose (also called blood sugar) to rise to above normal levels.¹



More than 30 million Americans have diagnosed and undiagnosed diabetes.²



Cardiovascular disease describes a range of conditions that affect the heart and blood vessels, including heart attacks and strokes.³

THE CONNECTION BETWEEN TYPE 2 DIABETES AND CARDIOVASCULAR DISEASE

2x

People living with diabetes are two times more likely to die from cardiovascular disease, which includes heart attacks and strokes, than people without diabetes.⁴



The longer you live with diabetes, the higher your cardiovascular disease risk.



People with type 2 diabetes often have risk factors for cardiovascular disease, including high blood pressure, high cholesterol, obesity, and a lack of physical activity.⁵



Diabetes can damage your blood vessels and the nerves that control your heart and blood vessels.⁶



Having diabetes increases your risk of heart attack or stroke even when blood glucose is well managed.⁵

KNOWING THE IMPACT OF DIABETES AND CARDIOVASCULAR DISEASE

Cardiovascular disease is the leading cause of death and major cause of heart attack, stroke and disability for people with type 2 diabetes.^{7,8,9}



Nearly one in every seven healthcare dollars is spent directly treating diabetes and its complications.¹⁰



12 YEARS

At age 60, someone with type 2 diabetes and a history of heart attacks or strokes may have a life expectancy that is 12 years shorter than someone without both conditions.¹¹

\$327 BILLION

The total costs of diagnosed diabetes in the U.S. are \$327 billion (2017).¹⁰

MANAGING TYPE 2 DIABETES AND REDUCING THE RISK OF CARDIOVASCULAR DISEASE^{12,13}



Talk to your doctor about your diabetes and risk of cardiovascular death, heart attack and stroke.



Make healthy food choices, including a variety of vegetables and fruits in many different colors, lean meats and plant based protein sources, and fiber rich whole grains.



Get at least 30 minutes of physical activity each day.*



Monitor your blood glucose, blood pressure, cholesterol and weight.



Quit smoking.



Find healthy ways to manage stress, like meditation.

LEARN MUCH MORE AT KNOWDIABETESBYHEART.ORG

*Consult a physician before starting a new exercise routine.

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