Diabetes is a condition that causes blood glucose (blood sugar) to rise to above normal levels.1 Cardiovascular disease describes a range of conditions that affect the heart, including heart attacks and strokes.7

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

The longer you live with diabetes, the higher your cardiovascular disease risk.3

Adults with diabetes are 2-4 times more likely to have cardiovascular disease than people without diabetes.4

People with type 2 diabetes often have high blood pressure and high cholesterol. Additional risk factors include obesity and a lack of physical activity.5

Even when blood glucose is well-managed, there is still an increased risk of heart attack and stroke.5

For adults over age 60, having type 2 diabetes and cardiovascular disease shortens life expectancy by an average of 12 years.6

Nearly one in every seven healthcare dollars is spent directly treating diabetes and its complications.9

Cardiovascular disease is a leading cause of disability among people with diabetes.6

Diabetes and cardiovascular disease shortens life expectancy by an average of 12 years.6

Cost per year.10

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

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

Quit smoking.

Deal with stress in a healthy manner, such as meditation.

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