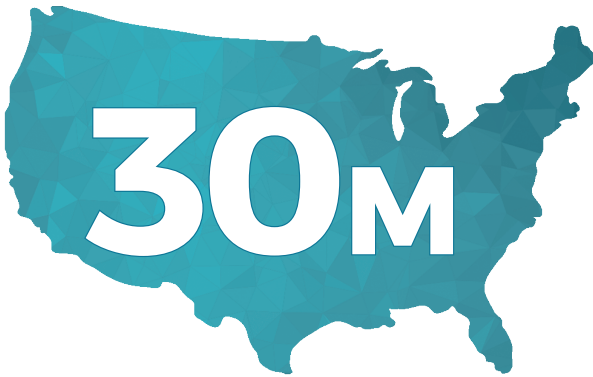


THE LINK BETWEEN DIABETES AND CARDIOVASCULAR DISEASE

DIABETES AND CARDIOVASCULAR DISEASE

Diabetes is a condition that causes blood glucose (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**, including **heart attacks** and **strokes**.³

THE CONNECTION BETWEEN DIABETES AND CARDIOVASCULAR DISEASE

2-4x

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



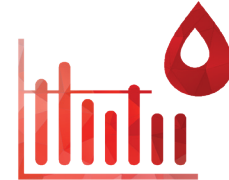
The longer you live with **diabetes**, the higher your **cardiovascular disease risk**.



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



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



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

KNOWING THE IMPACT OF DIABETES AND CARDIOVASCULAR DISEASE

Cardiovascular disease is a **leading cause of disability** among people with diabetes.⁷



Nearly one in every seven healthcare dollars is spent **directly treating diabetes** and its **complications**.⁸



12 YEARS

For adults over age 60, having **type 2 diabetes** and **cardiovascular disease** **shortens life expectancy** by an average of 12 years.⁹

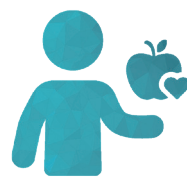
\$494 BILLION

Cost per year.¹⁰

MANAGING DIABETES AND REDUCING THE RISK OF CARDIOVASCULAR DISEASE^{11,12}



Talk to your doctor about your **cardiovascular disease risk** and ways to manage both conditions.



Make healthy food choices, including fiber-rich whole grains, lean meats and deeply-colored fruits and vegetables.



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



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



Quit smoking.



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

LEARN MUCH MORE AT WWW.HEART.ORG/ABOUTDIABETES

^{*}Consult a physician before starting a new exercise routine.

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