



# Know **Diabetes** by **Heart**™

IF YOU HAVE  
**TYPE 2 DIABETES,**  
YOU ARE AT  
INCREASED RISK  
FOR **HEART DISEASE**<sup>1</sup>

The sooner you understand your risk for heart disease, the sooner you can talk to your health care provider about ways to help manage it.

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**Sign up** to receive more information about type 2 diabetes and heart disease.

[KnowDiabetesbyHeart.org](https://www.knowdiabetesbyheart.org)

# UNDERSTANDING TYPE 2 DIABETES AND HEART DISEASE



**Type 2 diabetes** causes abnormally high blood glucose (also called blood sugar) levels and develops when the body does not produce enough insulin or is unable to use the insulin it does make properly.<sup>2</sup>



**Coronary heart disease or heart disease is one type of cardiovascular disease** and describes a range of conditions that affect the heart, including heart attack, angina (chest pain), and coronary artery disease.<sup>3</sup>



**By managing your blood glucose levels**, you can reduce your risk of cardiovascular disease by 33 to 50 percent.<sup>4</sup>

## WHAT'S THE CONNECTION?

People with diabetes have an increased risk of heart disease. High blood glucose levels damage blood vessels, making them more prone to injury from high blood pressure and from plaque build-up in the arteries.<sup>5</sup>

**Type 2 diabetes is a risk factor** for the development of cardiovascular disease which is the

**#1 CAUSE OF DEATH FOR PEOPLE WITH DIABETES.**<sup>5</sup>

People with diabetes are:

**2x MORE LIKELY**

**TO DEVELOP AND DIE FROM CARDIOVASCULAR DISEASE**, which includes heart attacks and strokes, than people without diabetes.<sup>5</sup>



Learn more about your risk for heart disease and ways to help manage it.

Visit [KnowDiabetesByHeart.org](https://www.knowdiabetesbyheart.org) to sign up.

At age 60, having **type 2 diabetes** and **cardiovascular disease** shortens life expectancy by an average of 12 years.<sup>6</sup>

## ARE YOU AT RISK?

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

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2. American Diabetes Association. Facts About Type 2. (<http://www.diabetes.org/diabetes-basics/type-2/facts-about-type-2.html?loc=db-slabnav>). Accessed: October 2018.
3. Benjamin, E, et al. Heart Disease and Stroke Statistical Update. (<http://circ.ahajournals.org/content/early/2018/01/30/CIR.0000000000000558>). Accessed: October 2018.
4. World Heart Federation. Risk Factors. <https://www.world-heart-federation.org/resources/risk-factors/>. Accessed November 2018.
5. Centers for Disease Control and Prevention. Website. <https://www.cdc.gov/diabetes/managing/problems.html>. Accessed October 2018.
6. Association of Cardiometabolic Multimorbidity With Mortality; JAMA. 2015;314(1):52-60. doi:10.1001/jama.2015.7008 <https://jamanetwork.com/journals/jama/fullarticle/2382980>. Accessed November 2018.

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