If you have type 2 diabetes, managing your risk for heart disease is one of the best ways you can take care of yourself.

**Adults with diabetes are 2x MORE LIKELY TO HAVE A HEART ATTACK OR STROKE THAN PEOPLE WITHOUT DIABETES.**

All it takes is one conversation with your trusted health care professional to start lowering your risk. **Here’s why:**

- Diabetes can damage your blood vessels and nerves.
- People with type 2 diabetes might also have high blood pressure, high cholesterol or are overweight. These increase the chances of getting heart disease.
- The longer you live with diabetes, the higher your risk of heart disease and stroke.

**Talk to your doctor**

Regular check-ins with your trusted health care professional can help you keep your diabetes in control and help lower your chances of heart disease and stroke.

**You’ve got this.**

Join the millions of people with diabetes who are taking care of their hearts and leading healthier lives.

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You’re not in this alone. Find answers to your questions and join the initiative at: [https://knowdiabetesbyheart.org/join](https://knowdiabetesbyheart.org/join)