If you have diabetes, there is a lot more you can do to reduce your risk for heart disease. Talk to your doctor about your next steps.

Arm yourself with the facts.
If you have diabetes, you’re more likely to have other conditions like high blood pressure, high cholesterol, high triglycerides and unmanaged blood glucose (also called blood sugar). These also increase the risk for heart disease, but managing these can help decrease your risk.

Give your Type 2 a Take 2.
Take these steps to reduce your risk.

- Understand the risk for heart disease.
- Talk to your doctor regularly about whole body health.
- Trade unhealthy for healthy behaviors. (Eat right and keep moving.)

If you have diabetes, there is a lot more you can do to reduce your risk for heart disease. Talk to your doctor about your next steps.

You’re not in this alone. Find answers to your questions and join the initiative at: https://KnowDiabetesbyHeart.org/join

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