

# Know **Diabetes** by **Heart**™

## Take Care of Your Heart When You Have Type 2 Diabetes

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: [knowdiabetesbyheart.org/join](https://knowdiabetesbyheart.org/join).