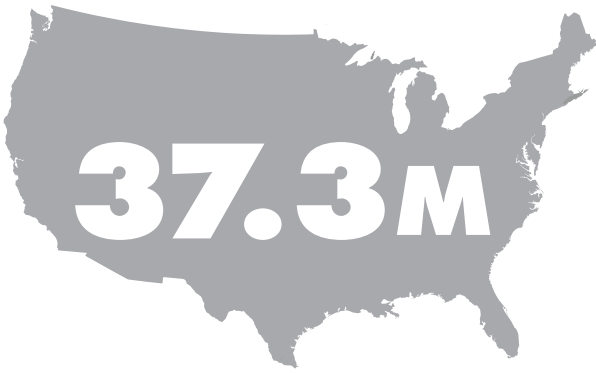


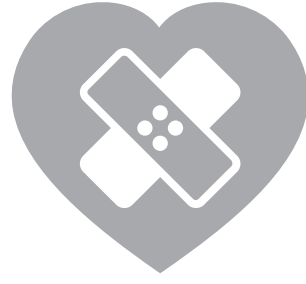
Know **Diabetes** by **Heart**™

DIABETES AND CARDIOVASCULAR DISEASE

Diabetes is a condition that causes blood glucose (also called blood sugar) to rise to above normal levels.¹



More than 37.3 million Americans have diabetes.²



Cardiovascular disease describes a range of conditions that affect the heart, including heart attacks and strokes.³

THE CONNECTION BETWEEN TYPE 2 DIABETES AND CARDIOVASCULAR DISEASE

2x

People living with diabetes are twice as likely to develop and die from 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 risk factors for cardiovascular disease, including high blood pressure, high cholesterol, obesity, and a lack of physical activity.⁵



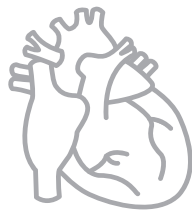
Diabetes can damage your blood vessels and the nerves that control your heart and blood vessels.⁶



Having diabetes increases your risk of heart attack or stroke even when blood glucose is well managed.⁵

KNOWING THE IMPACT OF DIABETES AND CARDIOVASCULAR DISEASE

Cardiovascular disease is the number one cause of death and major cause of heart attack, stroke and disability for people with type 2 diabetes.⁷



One in seven health care dollars is spent directly treating diabetes and its complications.⁸



12 YEARS

At age 60, having type 2 diabetes and a history of heart attacks or strokes may have a life expectancy 12 years shorter than someone without both conditions.⁹

\$327 BILLION

The total costs of diagnosed diabetes in the U.S. are \$327 billion.⁸

MANAGING TYPE 2 DIABETES AND REDUCING THE RISK OF CARDIOVASCULAR DISEASE^{10,11}



Talk to your doctor about your diabetes and risk of heart disease and stroke.



Make healthy food choices, including a variety of vegetables and fruits in many different colors, lean meats and plant-based protein sources, and fiber-rich whole grains.



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



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



Quit smoking.



Find healthy ways to manage stress, like meditation.

LEARN MUCH MORE AT KNOWDIABETESBYHEART.ORG

*Consult a physician before starting a new exercise routine.

1. American Heart Association. "About Diabetes." Published August 2015.
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 6. National Institute of Diabetes and Digestive and Kidney Diseases. "Diabetes, Heart Disease, and Stroke." Published February 2017.
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 8. American Diabetes Association. "Economic Costs of Diabetes in the U.S. in 2017." Diabetes Care. 2018.
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