

DIABETES and your **HEART**



2 out of **3** people
with diabetes die
of heart disease
or stroke.¹

According to the
CDC, up to

20%

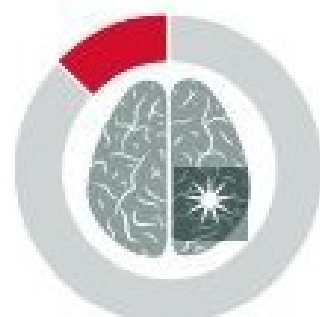
of deaths from
heart attack



and

13%

of deaths from stroke are
related to diabetes
or prediabetes.



If you have diabetes, you are

2–4 times

more likely to have heart
disease or a stroke than if
you do not have diabetes.¹

Smoking
doubles
the risk of
heart disease
in people with
diabetes.²

ABCs of Diabetes

A for the A1C test.

The A1C test shows you what your blood sugar (glucose) has been over the last three months. High blood sugar levels can harm your heart and blood vessels, kidneys, feet, and eyes.



B for blood pressure.

High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

C for cholesterol.

One kind of cholesterol, called LDL, can build up and clog your blood vessels. It can cause heart attack or stroke. Ask what your cholesterol numbers should be.

Ask your health care team:

What your A1C,
blood pressure,
and cholesterol
numbers are;

What your ABC
numbers should be;
and

What you can do to
reach your ABC goals.

Tips to reduce your risk for heart disease.



**Maintain
a Healthy
Weight**



**Make Healthy Food
Choices**

Stay Active



**Quit
Smoking**



Know Your ABCs of Diabetes
Talk to your health care team about how to manage your A1C, blood pressure, and cholesterol. This will help lower your chances of having a heart attack, a stroke, or other diabetes problems.