

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.

To learn more, visit www.YourDiabetesInfo.org or call 1-888-693-NDEP (1-888-693-6337).

¹Centers for Disease Control and Prevention. *National Diabetes Fact Sheet: National Estimates and General Information on Diabetes and Prediabetes in the United States*, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.

²National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases. *Diabetes, Heart Disease, and Stroke*. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, 2012.