If you have type 2 diabetes, learning about your higher risk for heart disease and stroke is one of the best ways you can take care of yourself. Millions of people with diabetes are leading healthy lives. And you can too.

Talk to your doctor about your next steps. You’re not in this alone. Find answers to your questions and join the initiative: KnowDiabetesbyHeart.org/join

IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.