What causes a stroke?
A stroke is caused by damage to the blood vessels carrying blood and oxygen to your brain. If one of those blood vessels is blocked or bursts, it prevents blood and oxygen from reaching your brain.

How are stroke and type 2 diabetes connected?
Unmanaged diabetes damages your blood vessels over time. Excess blood glucose (also called blood sugar) makes blood vessels stiff and the vessels can also fill with plaque (a fatty substance). Plaque leads to blockages.

Recognize the signs of a stroke:
F.A.S.T.
Face Drooping
Arm Weakness
Speech Difficulty
Time to Call 911

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

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