



American  
Heart  
Association.



American  
Diabetes  
Association.

Connected for Life.

# KNOW DIABETES BY HEART™

Heart disease is a major risk for people living with diabetes. People living with type 2 diabetes are 2x more likely to develop and die from complications like heart attacks, heart failure and strokes than people who do not have diabetes.

# Take Charge of Your Health

Join us for our free **Ask the Experts Q&A** series created to help tackle issues commonly faced by people living with diabetes and their loved ones. Ask our clinical experts questions live and learn more about the relationship between diabetes, heart disease, stroke and kidney disease.

## **Now What? Life After Diabetes Complications**

July 11, 2:00 p.m. ET

## **Lifestyle Choices Matter. How to Quit Bad Habits**

August 8, 2:00 p.m. ET

## **Healthy Eating When Juggling More Than Diabetes**

September 12, 2:00 p.m. ET

## **Trouble Sleeping at Night? Lack of Sleep Can Impact Your Health**

October 10, 2:00 p.m. ET

## **Technology and Diabetes Health**

November 14, 2:00 p.m. ET

## **What Types of Medication Help with Your Diabetes Management**

December 12, 2:00 p.m. ET

**REGISTER NOW**

[KnowDiabetesByHeart.org/Ask-The-Experts](https://www.knowdiabetesbyheart.org/ask-the-experts)



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