



American
Heart
Association.



American
Diabetes
Association.

Know **Diabetes** by **Heart**™

ASK THE **EXPERTS**

Do you have questions about your diabetes care team, how to make lifestyle changes, or even how to prevent and lower your risk of heart disease and stroke when living with diabetes?

Look no further—our free Ask the Experts Q&A series is here for you.

Take Charge of Your Health

Ask the Experts can help you tackle some of the issues commonly faced by people living with diabetes, as well as learn more about the relationship between diabetes, heart disease, and stroke. You can join us live, online or on the phone to put your questions to our diabetes experts. Or even watch past events on demand.

Previous Ask the Experts events include:

- Type 2 Diabetes and Cardiovascular Disease Risk
- Kidney Disease and Diabetes
- Meal Prep During the Summer Months
- Partnering with Clinicians: Conversations to Have with Your Health Care Professional
- Neuropathy and PAD: Minimizing the Risks of Amputations

LEARN MORE

[KnowDiabetesByHeart.org/Ask-The-Experts](https://www.KnowDiabetesByHeart.org/Ask-The-Experts)



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