

Diabetes and Heart Disease

Type 2 diabetes is one of the seven major risk factors for heart disease that **you can control.**

Give your Type 2 a Take 2. Take these steps to reduce your risk.



Understand the risk for heart disease.



Talk to your doctor regularly about whole body health.



Trade unhealthy for healthy behaviors. (Eat right and keep moving.)

Arm yourself with the facts.

If you have diabetes, you're more likely to have other conditions like high blood pressure, high cholesterol, high triglycerides and unmanaged blood glucose (also called blood sugar). These also increase the risk for heart disease, but managing these can help decrease your risk.



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](https://www.knowdiabetesbyheart.org/join)