

Take Care of Your Heart When Living With Type 2 Diabetes



If you are living with type 2 diabetes, **managing your risk** for heart disease is one of the best ways you can take care of yourself.

Adults living with diabetes are

2X MORE LIKELY TO HAVE A
HEART ATTACK OR STROKE
THAN PEOPLE WITHOUT DIABETES.

All it takes is one conversation with your trusted health care professional to start lowering your risk. **Here's why:**



Diabetes can damage your blood vessels and nerves.



People living with type 2 diabetes might also have high blood pressure, high cholesterol or are overweight. These increase the chances of getting heart disease.



The longer you live with diabetes, the higher your risk of heart disease and stroke.



Talk to your health care professional

Regular check-ins with your trusted health care professional can help you keep your diabetes in control and help lower your chances of heart disease and stroke.

**You've got this.
Join the millions of
people living with
diabetes who are taking
care of their hearts and
leading healthier lives.**

**For more information please visit
www.heart.org/diabetes**