HOW DIABETES AFFECTS YOUR HEART

IF YOU HAVE DIABETES, YOU ARE NEARLY 2X MORE LIKELY TO DIE FROM HEART DISEASE OR STROKE

Smoking doubles the risk of heart disease in people with diabetes.2

ABCs of Diabetes

A for the A1C test. The A1C test shows you what your blood sugar (glucose) has been over the last three months. High blood sugar levels can harm your heart and blood vessels, kidneys, feet, and eyes.

B for blood pressure. High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

C for cholesterol. One kind of cholesterol, called LDL, can build up and clog your blood vessels. It can cause heart attack or stroke.

S for stop smoking. Ask for help or call 1-800-QUIT-NOW

Ask your health care team:
What your A1C, blood pressure, and cholesterol numbers are; and
What you can do to reach your ABC goals.

Tips to reduce your risk for heart disease.

Maintain a Healthy Weight
Make Healthy Food Choices
Stay Active
Stop Smoking

Know Your Diabetes ABCs Talk to your health care team about how to manage your A1C, blood pressure, and cholesterol. This will help lower your chances of having a heart attack, a stroke, or other diabetes problems.

To learn more, visit www.ndep.nih.gov or call 1-800-860-8747.