

# HOW DIABETES

## AFFECTS YOUR HEART

IF YOU HAVE **DIABETES**, YOU ARE NEARLY  
**2X MORE LIKELY**  
TO DIE FROM **HEART DISEASE** OR **STROKE**<sup>1</sup>

**Smoking doubles the risk of heart disease in people with diabetes.**<sup>2</sup>



## 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;  
What your ABC numbers should be; 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.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)  
or call 1-888-693-NDEP (1-888-693-6337).

<sup>1</sup> Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: US Department of Health and Human Services; 2014.

<sup>2</sup> National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases. Diabetes, Heart Disease, and Stroke. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, 2012.



**National Diabetes Education Program**

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