



Diabetes and Heart Disease

Make the Link



Need

patient education materials about diabetes and cardiovascular disease?

Patient education pays off. It helps people self-manage their diabetes and prevents hospitalizations for CVD and other complications. Every \$1 invested can cut health care costs by up to \$8.76.¹

Diabetes, Heart Disease and Stroke

- Diabetes and Cardiovascular Disease Toolkit: <http://www.diabetesarchive.net/for-health-professionals-and-scientists/CVD.jsp>
- American Heart Association - The Heart of Diabetes www.iknowdiabetes.org/
- MEDLINEplus Health Information: www.nlm.nih.gov/medlineplus
- National Diabetes Education Program (NDEP): www.ndep.nih.gov
- National Diabetes Information Clearinghouse (NDIC): www.diabetes.niddk.nih.gov
- National Heart, Lung & Blood Institute (NHLBI): www.nhlbi.nih.gov/health
- National Institute of Neurological Disorders and Stroke: www.ninds.nih.gov
- National Stroke Association: www.stroke.org

Tobacco Cessation

- American Cancer Society: www.cancer.org
- American Lung Association: www.lungusa.org
- ClearWay Minnesota QUITPLAN: <https://www.quitplan.com/> and 1-888-354-PLAN
- QUITNET: quitnet.com
- Tobacco Information and Prevention Source (TIPS): www.cdc.gov/tobacco

1. CDC: Preventing Chronic Disease: Investing Wisely in Health; Preventing Diabetes and its Complications, 2008. www.cdc.gov/nccdphp/publications/factsheets/prevention/pdf/diabetes.pdf



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