

Make the link between diabetes and heart disease



People with diabetes have 2-4 times the risk of heart attack and stroke as a person without diabetes.

THE GOOD NEWS: you can cut your risk in half by:

- Controlling the ABCs of diabetes: A1C (blood sugar), Blood pressure and Cholesterol
- Losing weight if you are overweight – even 10 pounds can help
- Not smoking
- Being physically active every day
- Eating more fruits, vegetables and whole grains and less fat
- Taking medicines and aspirin as directed by your doctor

Talk to your doctor today about ways to lower your risk of heart disease and stroke.

This message brought to you by the Minnesota Diabetes and Heart Health Collaborative – celebrating 10 years of working together to keep you informed www.mn-dc.org



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