

DIABETES & HEART DISEASE RISK



Heart & Vascular
Institute
Westchester Medical Center Health Network

DIABETES increases risk of HEART DISEASE:



DIABETES
affects about
1 OUT OF 10
PEOPLE
in U.S.

HEART DISEASE
is the **LEADING**
CAUSE of death
among adults
with **DIABETES**



WHY are they LINKED?

HIGH BLOOD SUGAR can damage blood vessels and cause:

- ▶ Heart Attack
- ▶ Stroke
- ▶ Peripheral Artery Disease

People with diabetes also may have **OTHER HEART RISK FACTORS:**

- ▶ High Blood Pressure
- ▶ High Cholesterol
- ▶ Lack of Activity
- ▶ Obesity / Being Overweight

WHAT YOU CAN DO TO PROTECT YOUR HEART



Follow **ABCs OF DIABETES** by lowering:

- ✔ **A1C** (test that measures blood sugar)
- ✔ **Blood pressure**
- ✔ **Cholesterol**



QUIT SMOKING



TAKE MEDICINE
if prescribed



BE ACTIVE for
30 min., 5x a week



EAT more
VEGETABLES & FRUITS

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

For more information, visit WMCHealthAPS.com/Heart