

CVD & DIABETES

Type 1 diabetes

What?	Your body produces little or no insulin
Who?	Younger people but also some adults
How to treat	Among other things with insulin therapy, regular monitoring and a healthy lifestyle



Type 2 diabetes

What?	Your body produces insulin but either not enough or it doesn't use it well
Who?	Middle-aged and older people, but also some younger people
How to treat	Healthy diet, exercise, regular monitoring and medication where needed



**ADULTS WITH DIABETES ARE 2x
MORE LIKELY TO HAVE A STROKE
OR HEART ATTACK THAN PEOPLE
WITHOUT DIABETES¹**



WHY?

Diabetes can cause damage to your blood vessels and nerves

If you have diabetes you may also have other things that can increase your CVD risk... such as high blood pressure, high cholesterol or being overweight.

The longer you live with diabetes, the greater the risk of a heart attack or stroke²



MORE FACTS ABOUT CVD & DIABETES

1 in 4

Nearly 1 in 4 people with diabetes report stroke symptoms³



greater risk



Even when blood glucose is well managed, there is still a greater risk of heart-related problems⁴

Every 80 seconds



In the USA alone, every 80 seconds someone with diabetes is hospitalized for heart disease⁵

TAKE CONTROL

Here's how to care for your heart when you have type 2 diabetes



- ✓ **1. Talk to your doctor about your heart health...** not just once, but regularly
- ✓ **2. Carry on eating healthily...** more fruit, more veg and less of the sweet and salty stuff
- ✓ **3. Get active...** little and often, alone or with friends
- ✓ **4. Take time for yourself...** destress, relax
- ✓ **5. Stop using tobacco...** it's the single best thing you can do for your heart
- ✓ **6. Know all your numbers...** monitor your blood glucose, cholesterol levels, blood pressure, weight and body mass index
- ✓ **7. Take your medications...** exactly as prescribed

People with diabetes can lead heart-healthy lives...

Start by talking to your doctor about heart health today!



Sources

¹The Emerging Risk Factors C. Diabetes mellitus, fasting blood glucose concentration, and risk of vascular disease: a collaborative meta-analysis of 102 prospective studies. Lancet. 2010;375(9733):2215-2222. [https://www.thelancet.com/journals/lancet/article/PIIS01406736\(10\)60484-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS01406736(10)60484-9/fulltext)

²Risk of non-fatal cardiovascular diseases in early-onset versus late-onset type 2 diabetes in China: a cross-sectional study <https://www.ncbi.nlm.nih.gov/pubmed/26704379>

³Carson AP, Muntner P, Kissela BM, et al. Association of prediabetes and diabetes with stroke symptoms: the REasons for Geographic and Racial Differences in Stroke (REGARDS) study. Diabetes Care. 2012;35(9):1845-1852. <http://www.heart.org/en/health-topics/diabetes/why-diabetes-matters/cardiovascular-disease-diabetes>

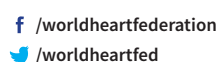
⁴Prevention. CDC. National Diabetes Statistics Report 2017;

<https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>.

Note: "every 80 seconds" and "every 2 minutes" come from taking the annual incidence of hospital discharges for ischemic heart disease and stroke from the National Diabetes Statistics Report, and using 365days/24hours/60minutes/60seconds to get the minute and second level.



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