



Diabetes

A risk factor for heart attack and stroke

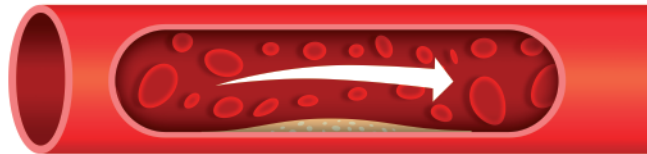


Diabetes is a condition where there is too much glucose (a type of sugar) in the blood

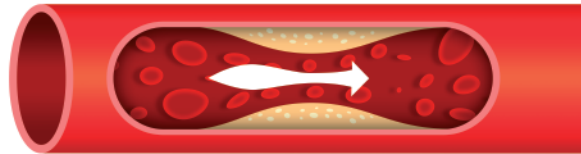
People with diabetes are **2-4 times** more likely to have a heart attack  or stroke 

DIABETES SPEEDS UP HEART DISEASE

Plaque (fatty streaks) build up in the artery wall. This narrows the artery



This happens **faster** in people with diabetes



If the plaque cracks, a blood clot can form and block the artery. This causes a heart attack or stroke



*You can have diabetes without knowing it as there are often no signs. The only way you can find out is to have a **blood test***

CHOICES YOU CAN MAKE TO LOWER RISK OF HEART ATTACK & STROKE



Stop smoking



Make heart healthy eating and drinking choices



Move more



Lose weight



Take medications