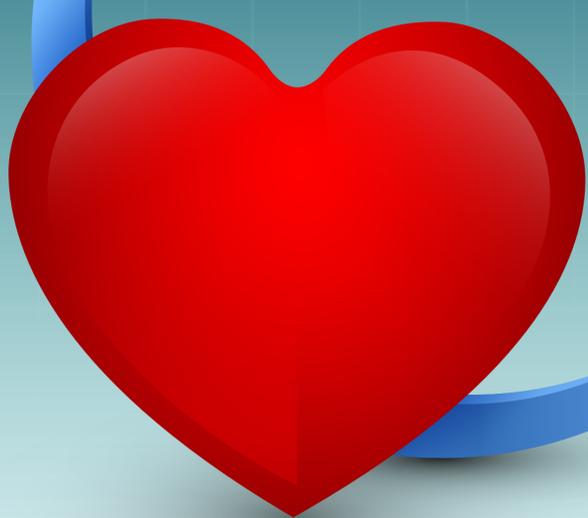
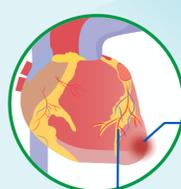


DIABETES AND YOUR HEART

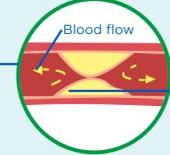


WHAT IS DIABETIC HEART DISEASE?

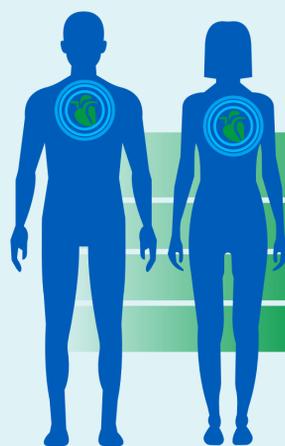
This condition describes heart disease that develops in people who have diabetes. Heart disease can narrow or block your blood vessels and cause heart attacks, chest pain or strokes. **People with diabetes:**



DAMAGED AREA



BLOOD SUPPLY IS LOST



May have causes of heart disease that don't affect people without diabetes

Are at higher risk of having a heart attack

May get heart disease that's more severe

May get heart disease at a younger age

WHAT CAUSES DIABETIC HEART DISEASE?



CORONARY ATHEROSCLEROSIS

is a condition in which plaque buildup forms in the large blood vessels leading to and from your heart. This keeps oxygenated blood from reaching your organs. It can also result in blood clots or heart attacks.

INSULIN RESISTANCE

happens when a diabetic's body can't use the hormone insulin effectively. People with insulin resistance have more substances in their blood that causes blood clots. Clots can block blood vessels and cause heart attacks.

METABOLIC SYNDROME

is a group of risk factors that raises your chances of having heart disease and diabetes. If you have three or more of the five risk factors, you have metabolic syndrome — and a greater chance of developing heart disease & diabetes.

PREVENTING HEART DISEASE?

Taking charge of your health may help you avoid developing diabetic heart disease. Work to prevent it by:

