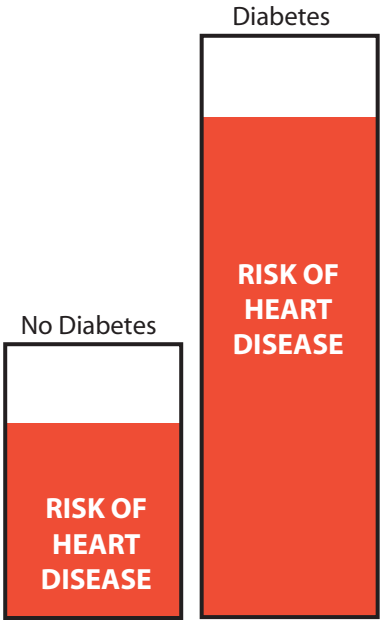
DIABETES
AND YOUR HEART

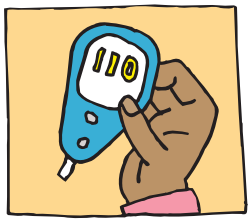
The number one health problem for all Americans is heart disease. If you have diabetes, you have at least twice the risk or chance of having heart disease as a person without diabetes.

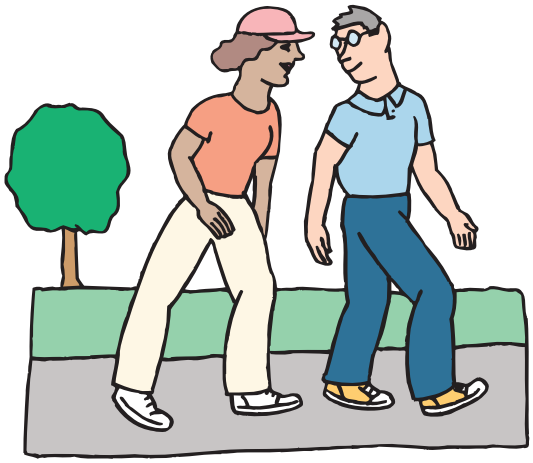


What can you do?

You can lower your chance of having a heart attack, stroke, or blood vessel problems by controlling your:

- Blood sugar levels
- Blood pressure
- Cholesterol, and
- Weight, if you are overweight





Know your heart-healthy goals:

- Follow your diabetes meal plan
- Be physically active every day
- Take your diabetes medicine
- If you smoke – QUIT!

Are you doing all you can do to protect your heart? Find out at your next diabetes care visit.

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family health
303.650.4460 www.clinica.org

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