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.