Diabetes and Coronary Artery Disease (CAD)



Diabetes and the Link to CAD

In people with diabetes, blood glucose is often much higher than it should be. This can damage parts of the body, including blood vessels. There is a strong link between heart disease and diabetes:

- People with diabetes have an increased risk of heart disease and stroke.
- Heart attacks occur at an earlier age in people with diabetes.
- Heart disease is the leading cause of death in people with diabetes.

Make Healthy Choices

The good news is that there are things you can do to lower your risk for CAD. Ask your healthcare provider for heart-healthy tips.

Manage Your CAD Risk by Managing Your Diabetes

By managing the ABCs of diabetes, you can reduce the risks and complications associated with CAD and diabetes.

- A for A1C (average blood glucose)
- **B** for blood pressure
- C for cholesterol

If I have type 2 diabetes and am not taking insulin, am I still at risk for CAD?

Yes. Type 2 diabetes is a serious disease that increases the risk for CAD.



Manage the ABCs of diabetes to lower your risk for coronary artery disease.

What should I do to manage my diabetes?

Diabetes can cause many problems, including heart disease, blindness and kidney failure. It's important to take steps to manage your diabetes to prevent these complications.

Managing diabetes includes:

- Testing your blood glucose levels
- · Taking your medicines
- · Being physically active
- Making smart food choices

What is the first step to change habits?

Make a plan that is specific, realistic, and practical. This will help you reach your goal.

Provided By

