



HEALTH AWARENESS

DID YOU KNOW THERE'S A LINK BETWEEN DIABETES AND CARDIOVASCULAR DISEASE?

IF YOU HAVE DIABETES, YOU'RE MORE LIKELY TO HAVE RISK FACTORS ASSOCIATED WITH CARDIOVASCULAR DISEASE, INCLUDING OBESITY OR HIGH BLOOD PRESSURE.

TAKE STEPS TODAY TO REDUCE YOUR RISK FOR CARDIOVASCULAR DISEASE. MANAGE YOUR A-ONE-C, BLOOD PRESSURE AND CHOLESTEROL LEVELS. DEVELOP OR MAINTAIN HEALTHY LIFESTYLE HABITS AND LEARN WAYS TO MANAGE STRESS. TAKE MEDICINES AS PRESCRIBED BY YOUR DOCTOR. STOP SMOKING OR USING OTHER TOBACCO PRODUCTS.

TAKE DIABETES TO HEART. VISIT [N-I-D-D-K—DOT—N-I-H—DOT--GOV](http://N-I-D-D-K-DOT-N-I-H-DOT-GOV) TO LEARN MORE.