Diabetes
A risk factor for heart attack and stroke

Diabetes is a condition where there is too much glucose (a type of sugar) in the blood.

People with diabetes are 2–4 times more likely to have a heart attack or stroke.

**DIABETES SPEEDS UP HEART DISEASE**

Plaque (fatty streaks) build up in the artery wall. This narrows the artery.

This happens faster in people with diabetes.

If the plaque cracks, a blood clot can form and block the artery. This causes a heart attack or stroke.

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You can have diabetes without knowing it as there are often no signs. The only way you can find out is to have a **blood test**.

**CHOICES YOU CAN MAKE TO LOWER RISK OF HEART ATTACK & STROKE**

- Stop smoking
- Make heart healthy eating and drinking choices
- Move more
- Lose weight
- Take medications