

# Health Awareness

## Understanding The Link Between Type 2 Diabetes And Cardiovascular Disease

(NAPSA)—Approximately 21 million Americans have diabetes and, according to estimates, two-thirds of them will die of cardiovascular disease (CVD), such as heart attack or stroke. Fortunately, there's now a national campaign to help those living with type 2 diabetes manage the disease and learn about its connection to CVD.

### About Diabetes

Approximately 30 percent of people living with diabetes are unaware that they have the disease. Of those diagnosed with diabetes, 90 to 95 percent have type 2 diabetes. Type 2 diabetes occurs when the body doesn't make enough insulin or doesn't efficiently use the insulin it does make.

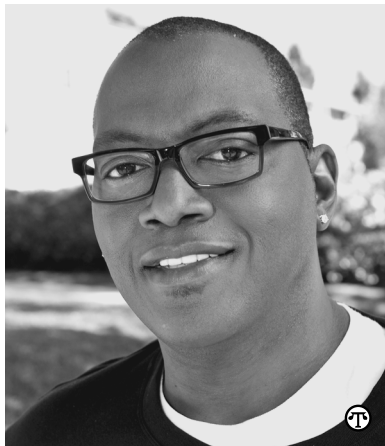
It appears most often in middle-aged adults; however, it is now affecting young adults at an alarming rate.

A family history of diabetes can significantly increase a person's risk of developing the disease.

Untreated diabetes can lead to many serious medical problems. These include blindness, kidney disease, nerve disease, limb amputations and CVD.

### Educational Campaign

Music-industry veteran and TV personality Randy Jackson has partnered with the American Heart Association to lead *The Heart of Diabetes™* campaign. Through the campaign, Jackson shares his story about living with type 2 diabetes and provides information about successfully managing the disease. The goal of the



**There are many serious health risks associated with type 2 diabetes, but many people may not realize that cardiovascular disease is one of them.**

campaign is to help people prevent or manage type 2 diabetes and its associated risks and encourage them to seek proper treatment options that can facilitate a healthy lifestyle.

"When I was diagnosed with type 2 diabetes, I took a hard look at my life choices and lifestyle habits," Jackson said. "I also worked closely with my doctor to stick to a treatment plan, including learning about healthy food choices and exercise routines."

Jackson and the American Heart Association developed the following tips to help patients stay in the KNOW:

• **Keep active and maintain a healthy body weight.** Even 30 minutes of moderate physical

activity five days a week can help prevent diabetes, reduce blood pressure and cholesterol, maintain a healthy body weight and minimize risk of cardiovascular disease.

• **Normalize your numbers.**

Schedule regular visits with your doctor to help monitor your blood sugar and manage your diabetes. It has been shown that you can reduce cardiovascular disease by improving your blood sugar control and controlling other risk factors. Learn to keep track of your critical health numbers, including blood pressure, cholesterol, body weight and blood sugar.

• **Opt for a healthy lifestyle.**

Eat a healthy, balanced diet and reduce intake of saturated and trans fats, cholesterol, sodium and added sugars. Also, if you smoke, opt to quit—smoking increases the risk of cardiovascular disease.

• **Work with your doctor.**

People living with type 2 diabetes often need multiple approaches to treatment to control the disease and its associated risks. If you live with type 2 diabetes, it is important to talk with your doctor, describe your symptoms and be persistent until you find treatment options and lifestyle changes that work for you.

For educational resources and additional information about *The Heart of Diabetes*, visit [IKnowDiabetes.org](http://IKnowDiabetes.org). The American Heart Association's *The Heart of Diabetes* is supported by an educational grant from Takeda Pharmaceuticals North America, Inc.