

Diabetes and Heart Disease Have Dick Clark Dancing to a Different “Beat”

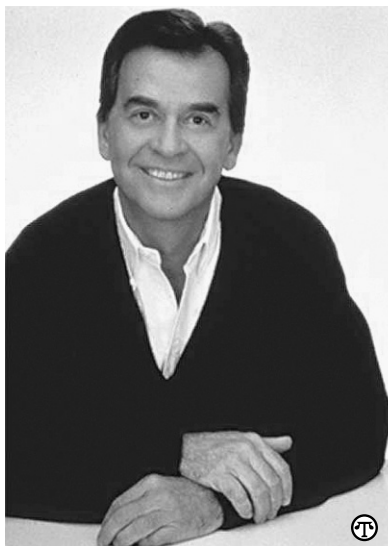
(NAPSA)—According to a survey by the American Diabetes Association, two-thirds of adults with diabetes are unaware of their increased risk for heart disease. This is an alarming statistic, considering that about two-thirds of adults with diabetes die from either a heart attack or stroke.

That’s why Dick Clark, “America’s oldest teenager,” has teamed up with the American Association of Diabetes Educators (AADE) and Merck on a campaign called *Diabetes: Know the Heart Part* to help educate adults about the relationship between diabetes and heart disease. Heart disease is the leading cause of death among adults with diabetes.

“Adults with diabetes need to know that along with working with their healthcare provider to help manage their blood sugar level, it is also important to work with their healthcare provider to help manage the risk for heart disease,” said Clark, who recently disclosed that he has type 2 diabetes.

Clark, along with his healthcare provider, has taken steps to help manage his diabetes and his risk for heart disease: “Since being diagnosed with diabetes, I have my cholesterol checked regularly and I manage it through nutrition, physical activity and medication. Adults with diabetes need to know their own cholesterol numbers and should talk with their healthcare provider about how to help reduce their risk for heart attack and stroke.”

“An estimated 18.2 million Americans currently have diabetes. Adults with diabetes have the same risk of having a heart attack as adults without diabetes who have already had a heart attack. Also, compared to adults



Dick Clark, who recently disclosed that he has type 2 diabetes, has joined the *Diabetes: Know the Heart Part* campaign. A free copy of the *Diabetes: Know the Heart Part* brochure, which provides helpful information about diabetes and heart disease, is available by calling 1-800-224-4089 or by visiting www.knowtheheartpart.com.

without diabetes and heart disease, adults with diabetes are at increased risk of heart attack and stroke—even if their cholesterol is normal,” notes Virginia Zamudio, RN, MSN, CDE, president of the AADE. “That’s an important message we need to deliver.”

A free copy of the *Diabetes: Know the Heart Part* brochure, which provides helpful information about diabetes and what you can do to help reduce your risks for heart disease, is available by calling toll-free: 1-800-224-4089 or by visiting www.knowtheheartpart.com.