

Health Bulletin

New Program Helps People With Diabetes Reduce Risk For Heart Disease

(NAPSA)—Though cardiovascular disease is the leading cause of death for people with diabetes, most of these people don't understand their risk. According to a survey released by the American Heart Association, only 33 percent of people with type 2 diabetes consider heart disease to be among the "most serious" diabetes-related complications, even though 63 percent experience symptoms of cardiovascular disease.

Diabetes dramatically increases a person's risk for heart disease and stroke, and often is associated with other cardiovascular risk factors, such as high blood pressure, high blood sugar, cholesterol disorders, obesity and insulin resistance. Insulin resistance, a condition where the body does not respond efficiently to the insulin it produces, seems to predispose a person to both cardiovascular disease and diabetes.

"Type 2 diabetes is nearing epidemic proportions in America and that means a greater number of people are now living with cardiovascular disease," says American Heart Association spokesperson, Richard W. Nesto, M.D. Each year 77,000 of the 16 million Americans living with diabetes die of heart disease.

These alarming statistics prompted the American Heart Association to develop *The Heart of Diabetes: Understanding Insulin Resistance*. The free program targets the connection between cardiovascular disease, diabetes and



A free program provides tools to help people with diabetes reduce their risk for cardiovascular disease.

insulin resistance, and provides tools to help people with type 2 diabetes reduce their risk for cardiovascular disease through physical activity, nutrition and cholesterol management. Participants receive a program guide, weekly journal to track their weight, cholesterol and glucose levels, as well as nutritional tips and a subscription designed to help promote positive living with diabetes.

People interested in participating in *The Heart of Diabetes*, which is free of charge, can call 1-800-AHA-USA1 or visit the Web site at americanheart.org/diabetes. The program is sponsored by Takeda Pharmaceuticals North America and Eli Lilly and Company.