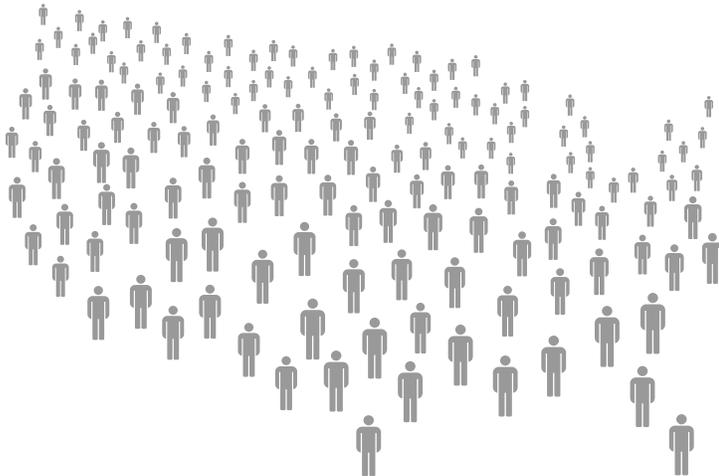


What is Diabetes?



More than **38 million Americans** have diagnosed and undiagnosed diabetes.¹

Diabetes is a condition that causes blood glucose (or blood sugar) levels to rise too high. These high blood sugar levels can cause damage to the body in different ways, and diabetes makes it more likely to have heart disease or a stroke.

How it works: The body makes and uses insulin (a hormone) to keep blood sugar in the normal range. With diabetes, the body doesn't make enough insulin or can't use insulin efficiently. This causes your blood sugar levels to go too high.

Common Symptoms



Cuts/bruises that are slow to heal



Feeling thirsty often



Extreme fatigue



Urinating often



Blurry vision

For those living with diabetes, there are many ways to lower the risk of heart disease and stroke. Start with an appointment with a health care professional to make a plan.

FOR THOSE LIVING WITH DIABETES, THERE ARE MANY WAYS TO LOWER THE RISK OF HEART DISEASE AND STROKE.

Talk to your doctor about your next steps. You're not in this alone. For more information please visit www.heart.org/diabetes.

1. www.cdc.gov/diabetes/about/?CDC_AAref_Val=https://www.cdc.gov/diabetes/basics/quick-facts.html