



## Week 5: Diabetes and the Heart & Blood Vessels (ASCVD)

People with type 2 diabetes are more likely to develop heart disease or stroke. This is linked to high sugar, cholesterol, and blood pressure.

### How to protect your heart:

- Take medicines for cholesterol or blood pressure if prescribed.
- Keep active and eat healthily.
- Limit salt, processed foods, and alcohol.
- Stop smoking – it doubles the risk of heart disease.

### Did you know?

Having diabetes increases your heart risk to the same level as someone who has already had a heart attack. But controlling risk factors can change this.

