



Diabetes and Heart Disease

Make the Link



Are

your patients with diabetes aware of their cardiovascular disease risk?

Heart disease contributes to nearly 4 out of 5 diabetes-related deaths in Minnesota, yet two thirds of people with diabetes do not consider cardiovascular disease to be a serious complication of diabetes.¹

Key Messages You Can Give Your Patients:

- Control of the ABC's of diabetes, **A**1C, **B**lood pressure and **C**holesterol, dramatically reduces the risk of CVD and other complications in people with diabetes.^{2,3}
- Diabetes is the 6th leading cause of death in Minnesota. Every 2 1/2 hours, diabetes contributes to the death of someone in the state.⁴
- Diabetes is a major cause of heart disease and stroke.⁵
- Treatment for blood pressure control combined with good blood glucose control can reduce heart disease and stroke by 33-50 percent.^{3,5}

1. Diabetes and Cardiovascular Disease Toolkit for patients <http://www.diabetesarchive.net/for-health-professionals-and-scientists/CVD.jsp>

2. Diabetes and Cardiovascular Disease Review, Issue 1, 2002

3. Diabetes Control and Complications Trial (DCCT): NEJM; 1993, 329:977-86.

4. United Kingdom Prospective Diabetes Study (UKPDS 33): Lancet; 1998, 352:837-53 and (UKPDS 38): BMJ; 1998, 317:703-13.
<http://bmj.com/cgi/reprint/317/7160/703.pdf>

5. Diabetes in Minnesota (fact sheet), Minnesota Department of Health, 2010.
<http://www.health.state.mn.us/diabetes/pdf/FactSheet2010.pdf>



Minnesota Diabetes & Heart Health Collaborative

June 2011