



## Diabetes and Heart Disease

# Make the Link



# Need

**patient education materials about diabetes and cardiovascular disease?**

*Patient education pays off. It helps people self-manage their diabetes and prevents hospitalizations for CVD and other complications. Every \$1 invested can cut health care costs by up to \$8.76.<sup>1</sup>*

### **Diabetes, Heart Disease and Stroke**

- Diabetes and Cardiovascular Disease Toolkit: <http://www.diabetesarchive.net/for-health-professionals-and-scientists/CVD.jsp>
- American Heart Association - The Heart of Diabetes [www.iknowdiabetes.org/](http://www.iknowdiabetes.org/)
- MEDLINEplus Health Information: [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)
- National Diabetes Education Program (NDEP): [www.ndep.nih.gov](http://www.ndep.nih.gov)
- National Diabetes Information Clearinghouse (NDIC): [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)
- National Heart, Lung & Blood Institute (NHLBI): [www.nhlbi.nih.gov/health](http://www.nhlbi.nih.gov/health)
- National Institute of Neurological Disorders and Stroke: [www.ninds.nih.gov](http://www.ninds.nih.gov)
- National Stroke Association: [www.stroke.org](http://www.stroke.org)

### **Tobacco Cessation**

- American Cancer Society: [www.cancer.org](http://www.cancer.org)
- American Lung Association: [www.lungusa.org](http://www.lungusa.org)
- ClearWay Minnesota QUITPLAN: <https://www.quitplan.com/> and 1-888-354-PLAN
- QUITNET: [quitnet.com](http://quitnet.com)
- Tobacco Information and Prevention Source (TIPS): [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

1. CDC: Preventing Chronic Disease: Investing Wisely in Health; Preventing Diabetes and its Complications, 2008. [www.cdc.gov/nccdphp/publications/factsheets/prevention/pdf/diabetes.pdf](http://www.cdc.gov/nccdphp/publications/factsheets/prevention/pdf/diabetes.pdf)



**Minnesota Diabetes & Heart Health Collaborative**

June 2011