



Make the Link

and be smart about your heart!

If

**you have diabetes,
you are at high risk
for heart attack
and stroke.**

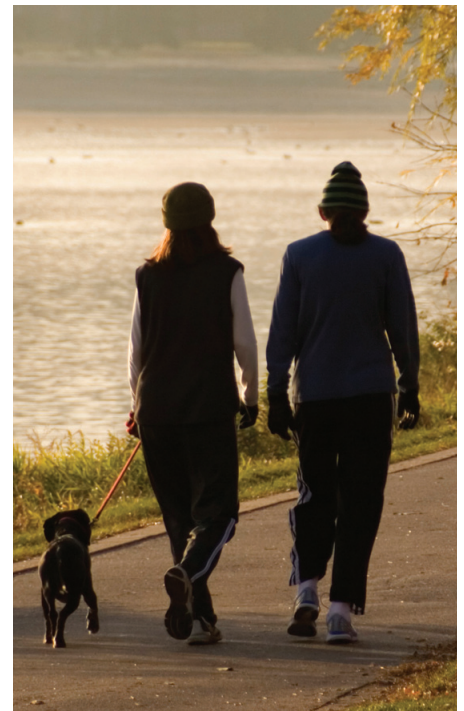
- **Heart disease is the number one cause of death in people with diabetes.**
- **In Minnesota, 3 out of 4 people with diabetes die from heart attack or stroke.**
- **Smoking doubles your risk for heart disease.**

The GOOD NEWS is that controlling your ABCs of diabetes (**A**1C, **B**lood pressure and **C**holesterol) can dramatically lower your risk of heart disease and stroke.

Ask your doctor where you can get diabetes classes and advice about what to eat and ask your family and friends to help you stay healthy.

Learn more about diabetes and heart disease with these helpful websites:

- CheckUp America
www.checkupamerica.org
- The Heart of Diabetes
www.iknowdiabetes.org/
- Diabetes, Heart Disease & Stroke
diabetes.niddk.nih.gov/dm/pubs/stroke
- Take Care of Your Heart. Manage Your Diabetes
<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=127>
- For a list of support groups near you, call the American Diabetes Association at **1-800-DIABETES** (1-800-342-2383) or visit <http://www.mn-dc.org/links.html>
- Do you or someone you know want to quit smoking? Call QUITPLAN at **1-888-354-PLAN** (1-888-354-7526) [in English, Spanish] or visit www.quitplan.com



- American Diabetes Association - Minnesota Area
- Blue Cross and Blue Shield of Minnesota
- Health Partners
- Institute for Clinical Systems Improvement (ICSI)
- Itasca Medical Care (IMCare)
- Medica
- Metropolitan Health Plan
- Minneapolis St Paul Diabetes Educators
- Minnesota Department of Health
- PreferredOne
- PrimeWest Health
- South Country Health Alliance
- Stratis Health
- UCare



**Minnesota Diabetes &
Heart Health Collaborative**