

Know **Diabetes** by **Heart**™

Heart health: The link between Type 2 Diabetes and Chronic Kidney Disease



Keep your blood sugar and blood pressure under control in your target range.

Kidney disease is a common complication of type 2 diabetes. If you have type 2 diabetes and kidney disease, you're at 3x higher risk of dying from a cardiovascular event like heart attack or stroke. There are actions you can take to reduce your risk.

If you have diabetes, there is a lot you can do to reduce your risk for heart disease. Talk to your doctor about your next steps.

You're not in this alone. Find answers to your questions and join the initiative at: <https://KnowDiabetesbyHeart.org/join>

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