

Things that can break your heart:

A sad movie

# Diabetes

Your first love

Losing a championship

Your first child leaving home

Diabetes

The complications of diabetes often go undiagnosed, and are far more serious than you might think. Most people with diabetes also have high blood pressure and cholesterol, which can cause severe heart damage. In fact, 2 out of 3 people with diabetes die from heart disease or stroke.

But it's not too late. You can reduce your risk of heart disease and stroke by lowering your blood sugar, blood pressure and cholesterol. Learn how.

**Call 1-800-DIABETES for your free "Diabetes Survival Guide".**



[www.diabetes.org](http://www.diabetes.org)