425 million adults worldwide are affected by diabetes

On average 9 in 10 have type 2 diabetes

CVD* is the leading cause of death and disability in people with type 2 diabetes

*Cardiovascular disease (CVD), including heart attack and stroke

BUT in a recent survey of people living with type 2 diabetes...

1 in 4 thought they had no or low risk of CVD

1 in 4 had never discussed or could not remember discussing their CVD risk with a healthcare provider

2 in 3 need more information on CVD signs and symptoms

The world is facing a huge increase in type 2 diabetes

The world is facing a huge increase in type 2 diabetes

1 in 4 people with type 2 diabetes surveyed had experienced a serious CVD event, including heart attack, heart failure, brain haemorrhage or stroke

Many risk factors of CVD in type 2 diabetes can be prevented by living a healthier lifestyle including:

- a balanced diet
- smoking cessation
- more physical activity

It is vital that people with type 2 diabetes understand their increased risk of CVD and what they can do about it.

www.worldheartday.org

in partnership with

Manulife

Beekhoven Ingelbrecht

Source: Taking Diabetes to Heart Survey, International Diabetes Federation, 2018

John, type 2 diabetes, USA

I didn't really learn about CVD until after my quadruple bypass surgery, which was 16 years after being diagnosed with diabetes.
It is vital that people with type 2 diabetes understand their increased risk of CVD and what they can do about it.

www.idf.org/takingdiabetes2heart

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