People with diabetes are six times more likely to have heart disease or stroke than non-diabetics in the same age group. This can be prevented!

- **Blood Pressure Control**
  - $130/80$ mmHg
  - $51\%$ Risk of heart disease
  - $44\%$ Risk of stroke

- **No Smoking**
  - $53\%$ Risk of sudden death
  - Prevent high/low blood sugar levels

- **Group Education**
  - Diabetes control
  - Cardiac fitness and well being

- **Exercise**
  - Blood sugar control
  - Blood pressure

- **Cholesterol Control**
  - $25\%$ Risk of heart disease

- **Weight Loss**
  - Blood sugar control
  - Blood pressure

- **Blood Sugar Control**
  - $50\%$ Risk of heart disease
  - within 1 year

- **Aspirin Daily**
  - $25\%$ Risk of heart disease

*Information updated according to the Canadian Diabetes Guidelines 2013*