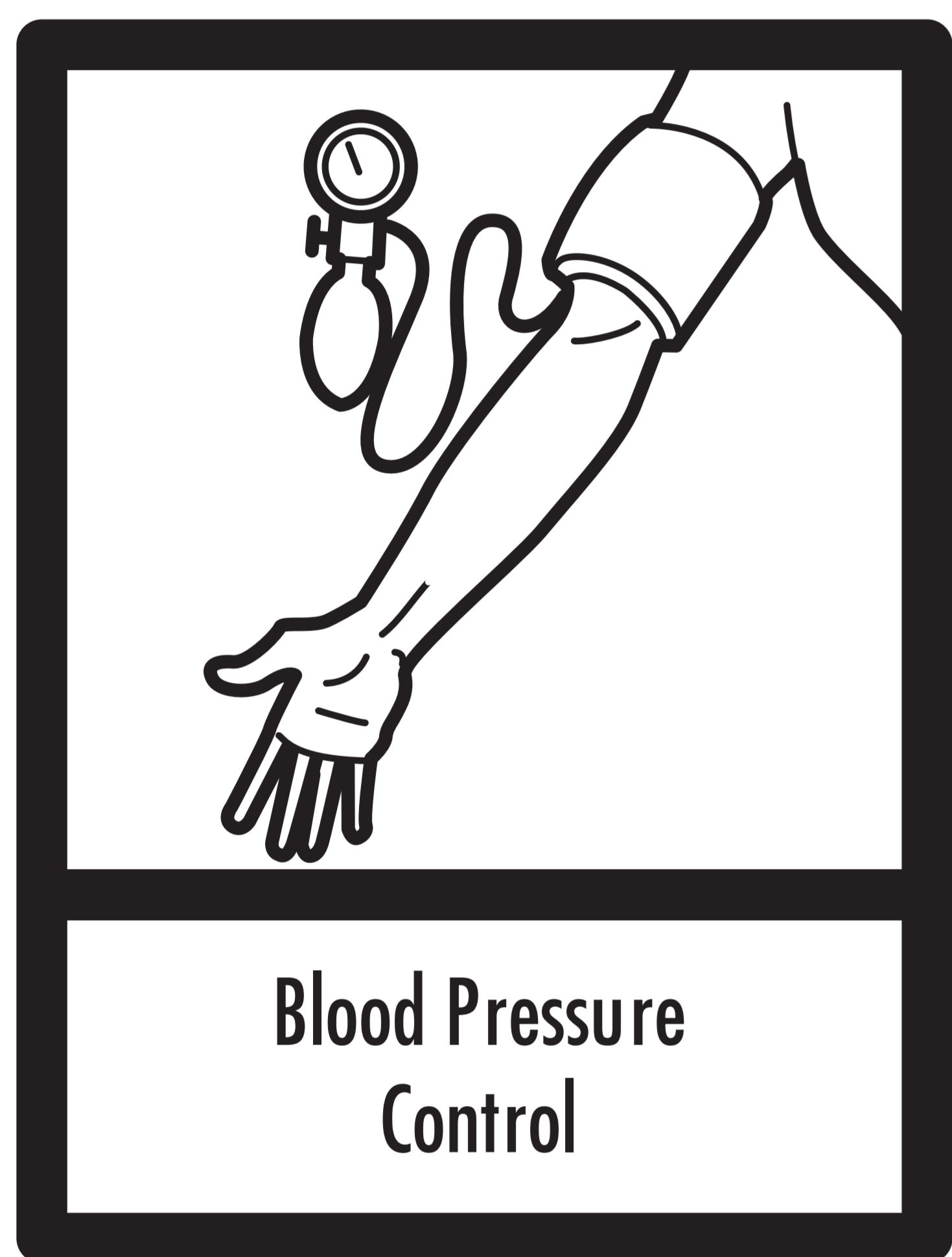


People with diabetes are six times more likely to have heart disease or stroke than non-diabetics in the same age group. This can be prevented!



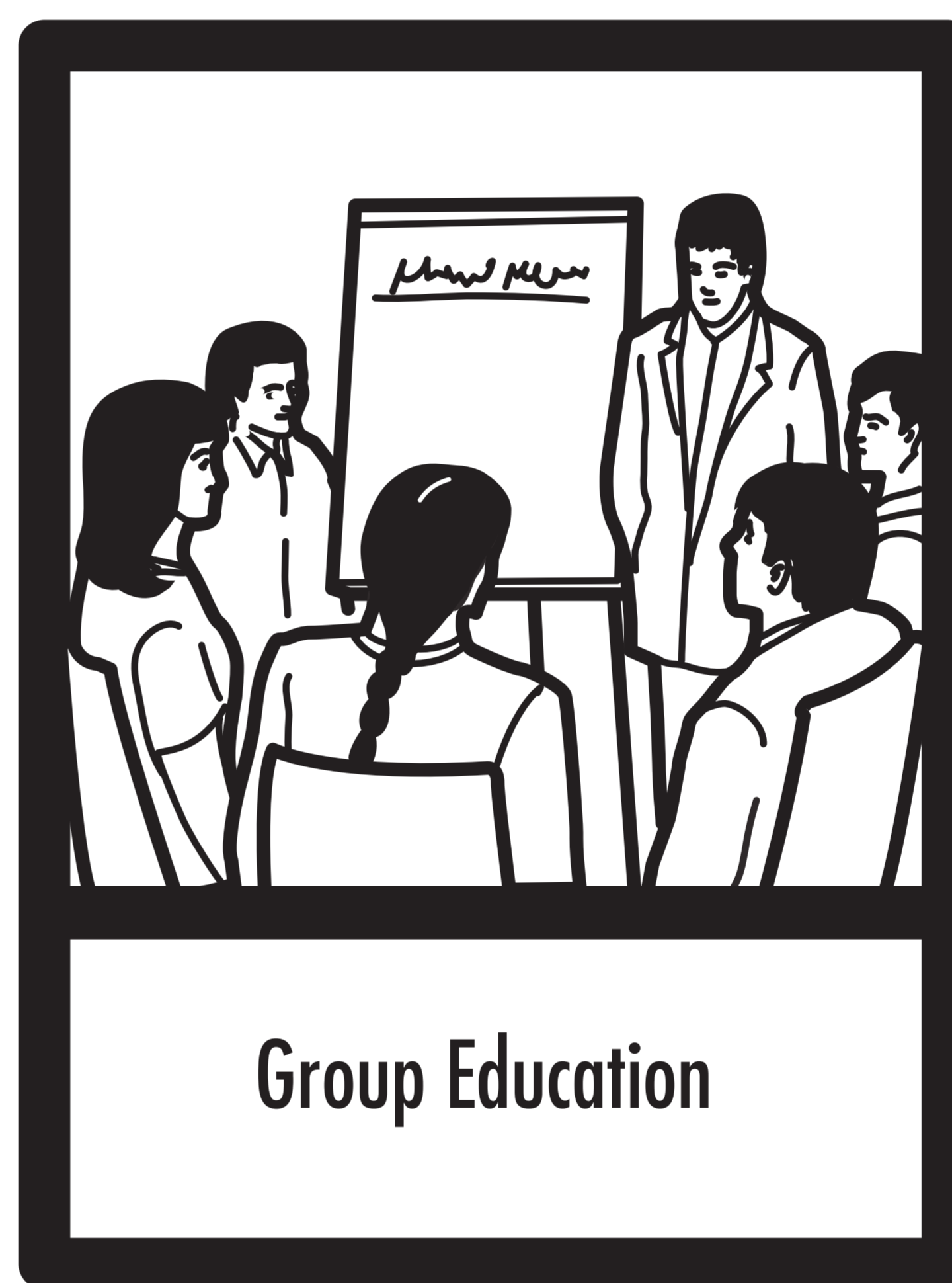
Blood Pressure Control

- ↓ 130/80 mmHg
- ↓ 51% Risk of heart disease
- ↓ 44% Risk of stroke



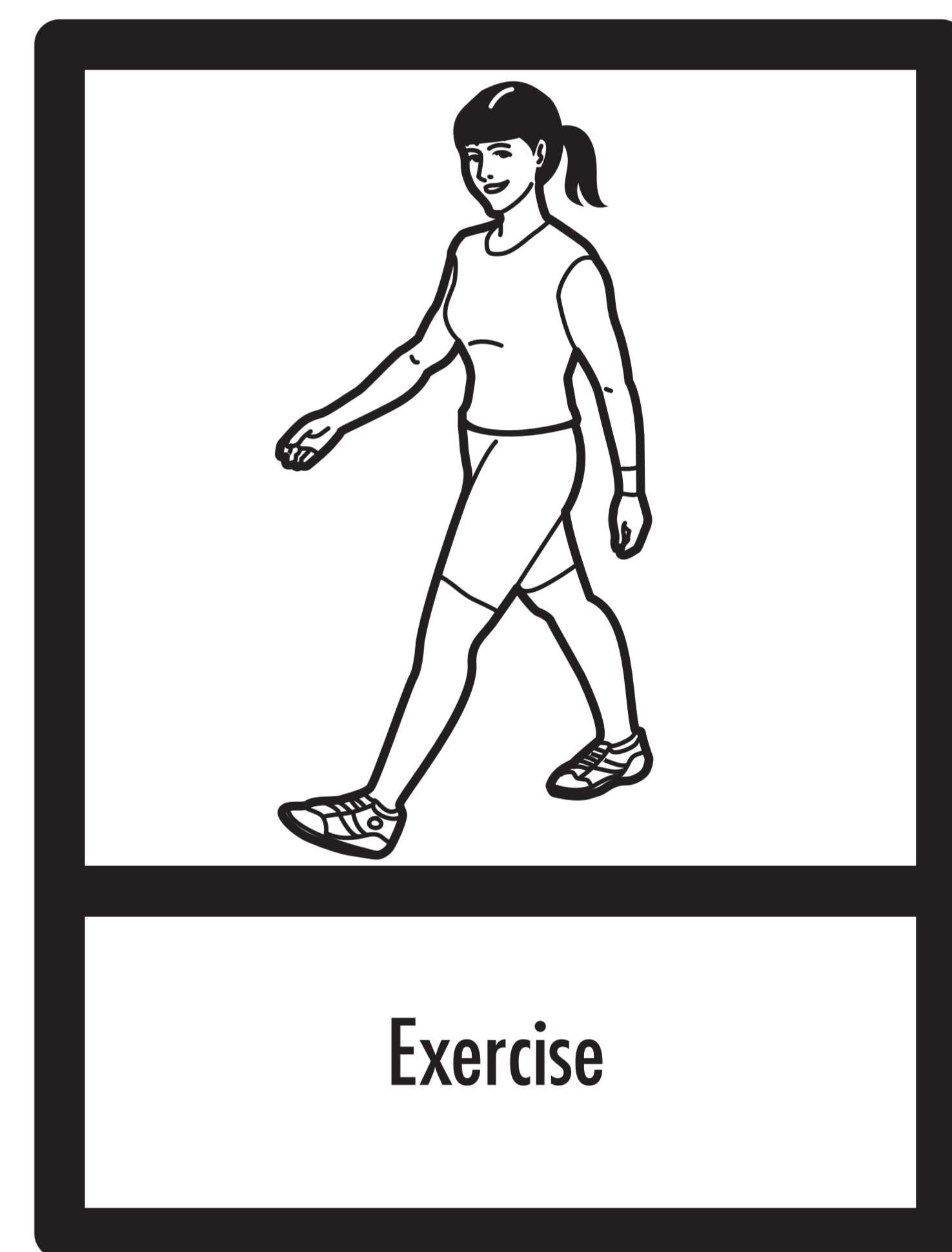
No Smoking

- ↑ Blood sugar control \*
- ↓ 30% Risk of stroke \*
- ↓ 50% Risk of heart disease within 1 year



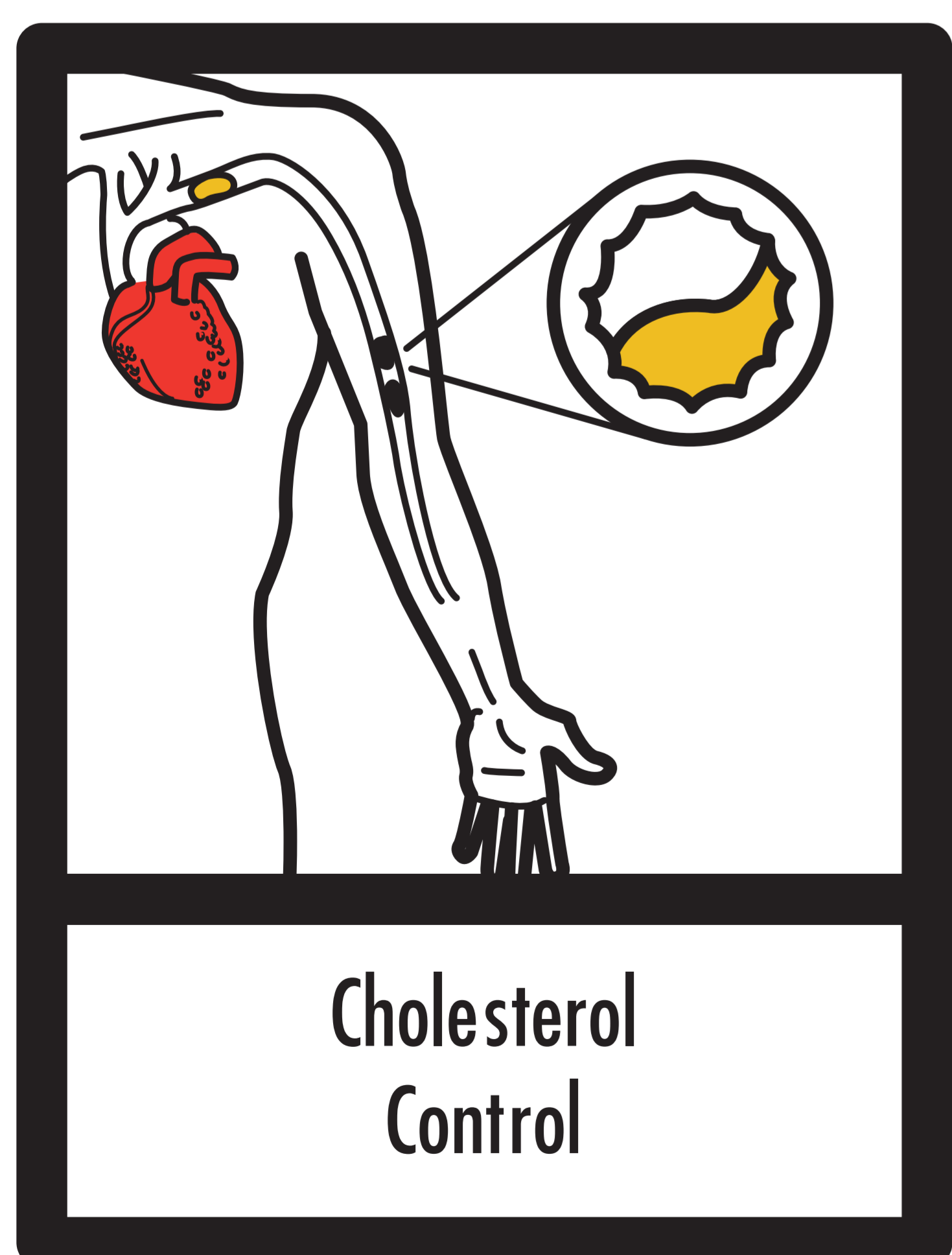
Group Education

- ↑ Diabetes control



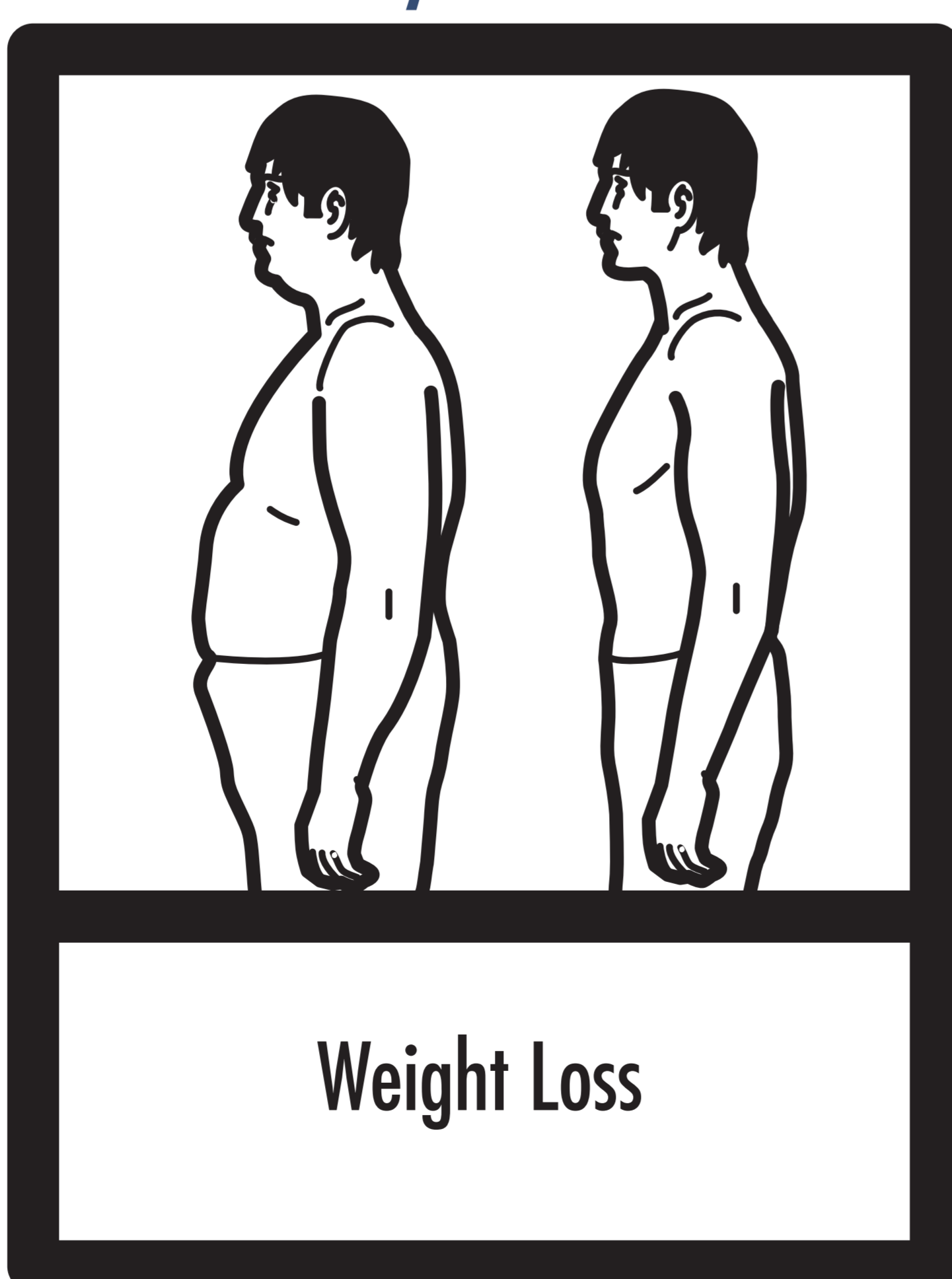
Exercise

- ↑ Blood sugar control
- ↑ Cardiac fitness and well being



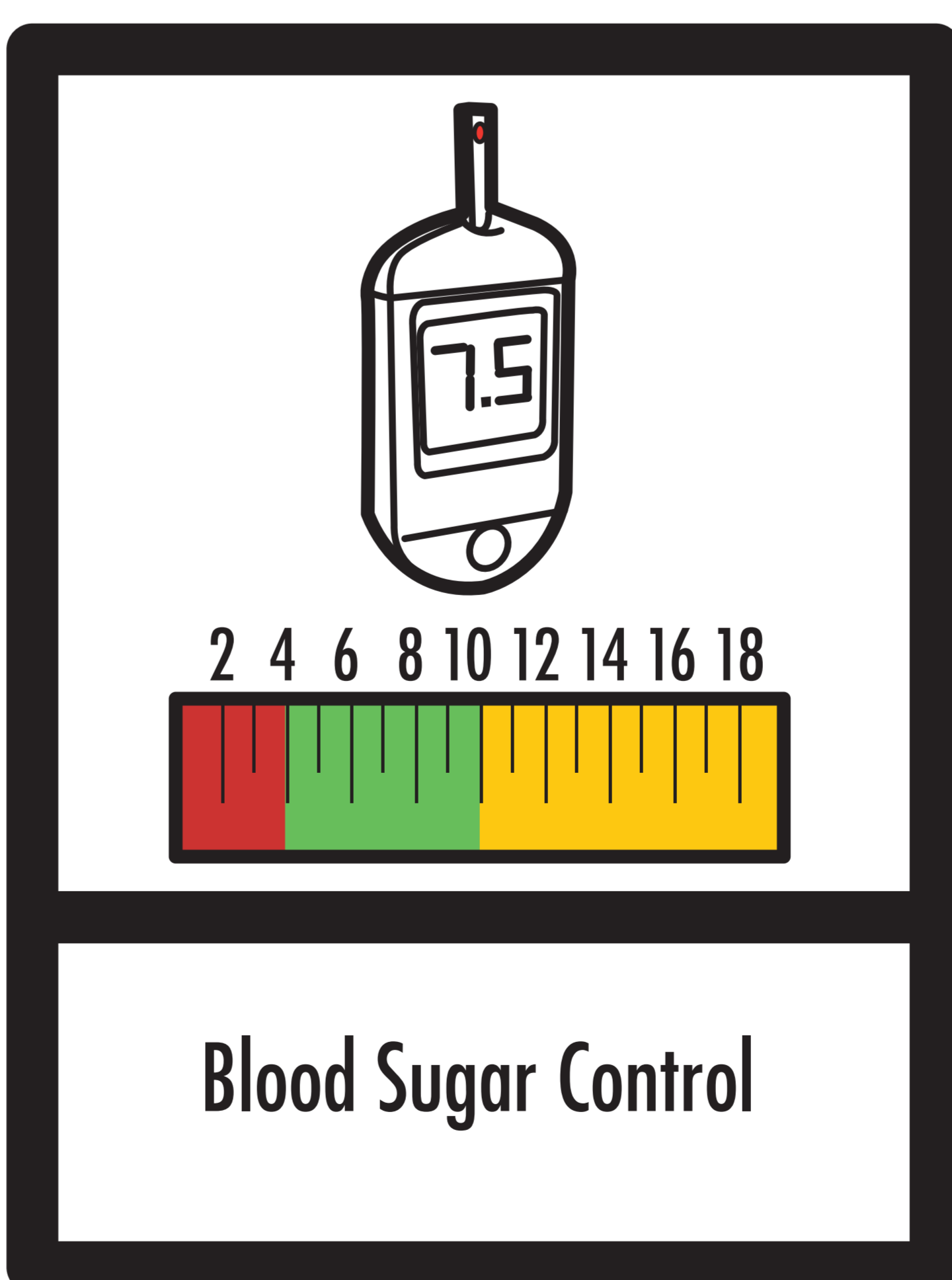
Cholesterol Control

- ↓ 25% Risk of heart disease



Weight Loss

- ↑ Blood sugar control
- ↓ Blood pressure



Blood Sugar Control

- ↓ 53% Risk of sudden death
- Prevent high/low blood sugar levels \*



Aspirin Daily

- ↓ 25% Risk of heart disease
- Ask your doctor \*

\* Information updated according to the Canadian Diabetes Guidelines 2013