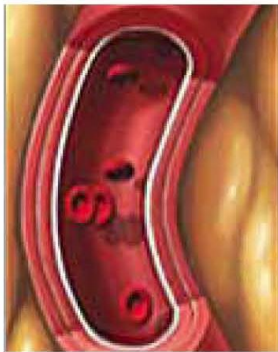
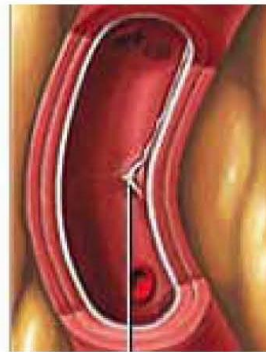


# Heart and Blood Vessel Disease

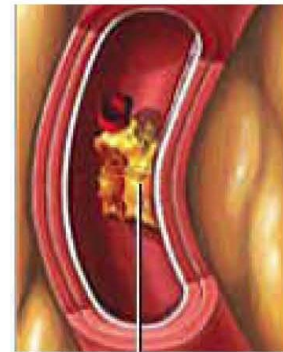
Over time, high blood sugar can increase your risk for heart and blood vessel disease. Two out of three people with diabetes die from stroke or heart disease. Know the warning signs.



**Normal Artery:** Blood flows easily through smooth arteries.



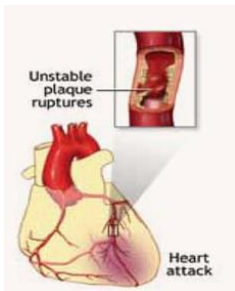
**Damaged Artery:** High blood sugar damages the artery lining.



**Artery Risk Plaque** builds up in damaged artery lining, and the blood flow is blocked.

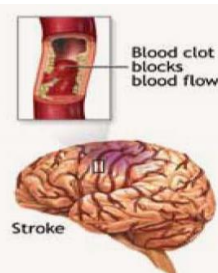
## Warning signs of a heart attack

- Chest pain or discomfort
- Pain or discomfort in your arms, back, jaw, neck or stomach
- Shortness of breath
- Sweating
- Light-headedness
- Indigestion or nausea
- Tiredness
- Weakness



## Warning signs of a stroke

- Weakness or numbness on one side of your body
- Sudden confusion or trouble understanding
- Difficulty talking
- Dizziness, loss of balance or trouble walking
- Trouble seeing out of one or both eyes
- Double vision
- Severe headache



**If you are having warning signs of a heart attack or stroke, call 911.**