



A MINUTE OF HEALTH WITH CDC

What You Should Know About Diabetes and Heart Disease

National Diabetes Awareness Month — November 2007

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This program is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Heart disease and stroke cause the most deaths among people with diabetes. Adults with diabetes have a higher risk of dying from heart disease than those without diabetes. A recent CDC study found that the percentage of adults 35 or older with diabetes who report heart disease has gone down. Among African Americans, the decrease was even greater than the overall decrease. The best news is that researchers have found that lifestyle changes – weight loss and regular exercise – can prevent or delay the onset of diabetes, especially among adults at higher risk for the disease. If you have diabetes, take control. See your doctor. Get checked.

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