

# 4 Steps to Preventing Stroke if You have Diabetes



American  
Heart  
Association.

If you have type 2 diabetes, you are at increased risk for stroke. There are steps you can take to lower your risk. Start with these:

-  1. Talk to a doctor to set goals for controlling your diabetes.
-  2. Take medicine as instructed by a doctor.
-  3. Continue healthy eating habits and keep moving.
-  4. Manage blood pressure, cholesterol and diabetes.

## What causes a stroke?

A stroke is caused by damage to the blood vessels carrying blood and oxygen to the brain. If one of those blood vessels is blocked or bursts, it prevents blood and oxygen from reaching the brain.

## How are stroke and type 2 diabetes connected?

Unmanaged diabetes damages the blood vessels over time. Excess blood glucose (also called blood sugar) makes blood vessels stiff and the vessels can also fill with plaque (a fatty substance). Plaque leads to blockages.

## Recognize the signs of a stroke:

# B.E.F.A.S.T.

Balance Loss	Eye (Vision) Changes	Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
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**IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO LOWER YOUR RISK FOR HEART DISEASE AND STROKE.**

Talk to your doctor about your next steps. You're not in this alone. For more information please visit [heart.org/diabetes](http://heart.org/diabetes).