

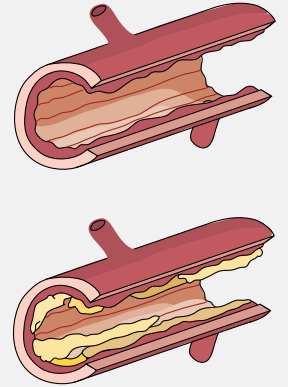
DIABETES AND HEART DISEASE/STROKE

Heart attacks and strokes are the most common causes of death among people with diabetes.

UNHEALTHY ARTERIES

Atherosclerosis is the stiffening of arteries due to a buildup of fat and cholesterol, known as plaque [plak]. This buildup can narrow your arteries, restricting blood flow. If a piece of plaque breaks off, it can block a blood vessel. If the plaque bursts, it can trigger a blood clot. Either the piece of plaque or the blood clot can block an artery. Blocked arteries in your heart cause a heart attack. Blocked blood arteries in your brain cause a stroke.

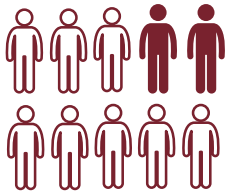
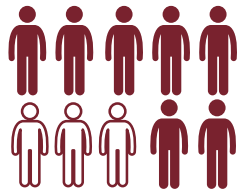
1. Overtime, arteries can harden, becoming less flexible and elastic. This causes plaque to easily stick.
2. As plaque builds up on the artery wall, it slows or blocks the flow of blood. This can put you at risk of heart attack or stroke.



DIABETES INCREASES RISK OF HEART DISEASE AND STROKE

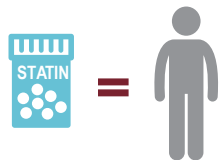
High blood sugars attack the artery wall & facilitate deposits of cholesterol. Those plaques can then block arteries in the heart, brain, & legs; raising the risks of heart attack & stroke.

Nearly **7 in 10** adults age 65 or over who have diabetes die from heart disease.

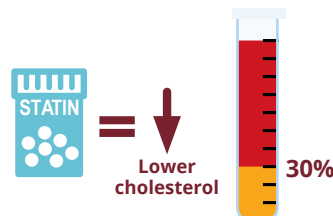


Almost **2 out of every 10** adults who have diabetes die from stroke.

Even if you don't have atherosclerosis or elevated cholesterol, people with diabetes who take a statin reduce their risk of having a heart attack, stroke, or problems with their blood vessels.



Less chance of stroke and heart disease



Statins work best when taken at night because your body churns out cholesterol fastest at night, when your stomach is empty.

Once you start taking a statin, you will need to keep taking it to continue these benefits.

Talk with your healthcare provider before you stop taking statins or any other prescription medication.

Your healthcare provider will choose a statin and dose level that is right for you.



Continued benefits

What are some of the side effects of statins?

Most people take statins without any problems. Very few people have serious side effects. **The benefits of taking statins far outweigh any side effects.** Some side effects include:

- **Sore or aching muscles or muscle weakness.**
- **Raised blood glucose.**
- **Changes in liver function.**
- **Diarrhea.**
- **Problems combining statins with other medicines.**

Please contact your healthcare provider if you have any side effects.

What types of statin medications are available?

There are several different statin medications. Examples include:

- Atorvastatin [ah-TORE-vuh-stat-in] (Lipitor)
- Rosuvastatin [roh-SUE-vuh-stat-in] (Crestor)
- Simvastatin [SIM-vuh-stat-in] (Zocor)
- Pravastatin [PRAV-uh-stat-in] (Pravachol)

WHAT YOU CAN DO

You can help lower your cholesterol levels by making some simple changes every day. The American Heart Association recommends:

- Getting at least 30 minutes of exercise most days of the week (such as a walk or yoga).
- Eating lots of fresh vegetables and fruits (like spinach, carrots, or apples).
- Choosing lean meat, healthy carbs, or fiber rich foods (such as tuna, lean chicken, or salmon) and avoiding foods high in saturated fats (such as pizza, cheeseburgers, chips, cookies and ice cream).
- Keeping portions small at each meal (like 2 ounces of tuna fish, 1 slice of bread, with 1 cup vegetables or 1 cup of fruit).
- Not using tobacco products or e-cigarettes (vape pen). Ask your doctor or pharmacist for information on how to quit.

To learn more, go to **www.heart.org**. Even if you do chose to take statins it is important to exercise and eat healthy.

To learn more about statins and diabetes, go to:

<https://www.heart.org/en/health-topics/diabetes/why-diabetes-matters/cardiovascular-disease--diabetes>