

KNOW YOUR RISK

ASSESS YOUR RISK OF HEART DISEASE AND STROKE BY KNOWING YOUR BLOOD SUGAR NUMBERS

WHY IS HIGH BLOOD SUGAR BAD?

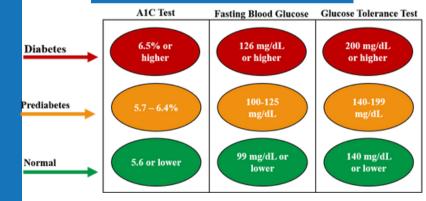
High blood sugar can lead Diabetes, a medical condition where your body isn't able to process and use sugar from the foods that you eat.

COMMON SIGNS OF DIABETES

- Frequent Urination
- Constant thirst
- Constant hunger
- Unexpected weight loss
- Very dry skin
- Dark patches forming on the skin
- Slow healing
- Blurred vision
- · Pain and tingling in the hands and feed



THE NUMBERS



STEPS TO MANAGE AND PREVENT HIGH BLOOD SUGAR

- See your Healthcare Provider
- Check your Blood Sugar Level
- Lower Your Weight
- Physical Activity 30 minutes a day (walking)
- Eat more whole foods for a Heart-Healthy
 Diet
- Stop Smoking, vaping and all tobacco use