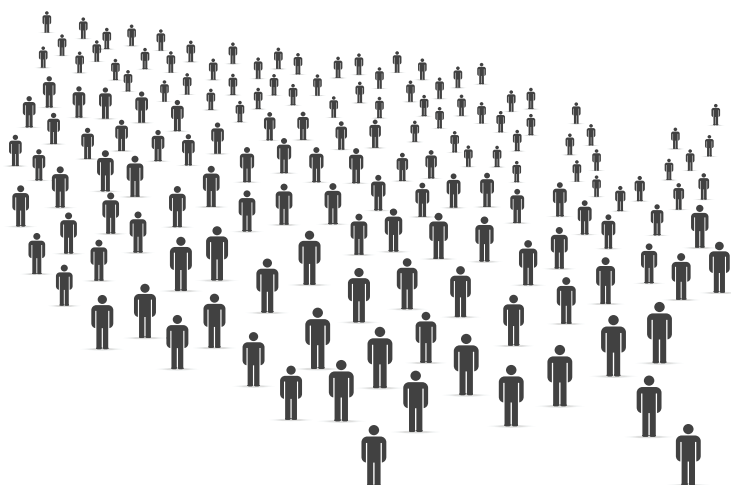


# Know **Diabetes** by **Heart**™

## What is Diabetes?



More than **30 million Americans** have diagnosed and undiagnosed diabetes.

Diabetes is a condition that causes your blood glucose (or blood sugar) levels to rise too high. These high blood glucose levels can cause damage to your body in different ways, and diabetes makes you more likely to have heart disease or a stroke.

**How it works:** Your body makes and uses insulin (a hormone) to keep your blood sugar in the normal range. When you have diabetes, your body doesn't make enough insulin or can't use insulin efficiently. This causes your blood sugar levels to go too high.

## Common Symptoms



Cuts/bruises that are slow to heal



Feeling thirsty often



Extreme fatigue



Urinating often



Blurry vision

**If you have diabetes, there is a lot you can do. Start with a doctor's appointment to make a plan.**

You're not in this alone. Find answers to your questions and join the initiative at: <https://knowdiabetesbyheart.org/join>

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