



**American Indians and Alaska Natives who have diabetes are at high risk for a heart attack and stroke.**

# Fight back. Live a long, healthy life.

Ask your health care provider what your blood glucose (sugar), blood pressure and cholesterol numbers are and what they should be. Take steps to control your diabetes and reduce your risk of heart attack and stroke.

We can manage our diabetes and take care of our heart for ourselves and future generations.

For more information about diabetes and heart disease, visit [www.ndep.nih.gov](http://www.ndep.nih.gov) or call 1-800-438-5383.



The National Diabetes Education Program is a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.