



# ONE IS TOO MANY

When it comes to the number of Canadian lives taken by heart disease due to type 2 diabetes, even one is too many.

It's long been known that diabetes can lead to health problems including blindness, foot ulcers and amputations, but new research from My Heart Matters shows most Canadians don't know about the link between type 2 diabetes and heart disease. Canadian singer, songwriter, TV personality and author Jann Arden knows this all too well. Both Jann's father and grandmother died from heart disease, not realizing at the time their type 2 diabetes was a key factor. In fact, one in two Canadians with type 2 diabetes, like Jann's father and grandmother, die from a heart attack, heart failure, or stroke.

"Most people don't know type 2 diabetes and heart disease are connected," says Jann. "It's something neither my dad or grandmother realized, and it ended up killing them both. People with type 2 diabetes need to know there are medications that – along with diet and exercise – can lower the risk of dying from problems related to the heart. It's important to talk with your doctor about steps you can take to help manage your risk."

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- There is a worrisome knowledge deficit among Canadians with diabetes. Most Canadians with type 2 diabetes (**93 per cent**) feel they are knowledgeable about their disease management, but one in two have no idea their diabetes alone significantly increases the risk of heart attack, heart failure and stroke.
- Studies show that people with diabetes may develop heart disease **10 to 15 years** earlier than people without diabetes, but only **54 per cent** of Canadians with type 2 diabetes know.
- People with diabetes are over three times more likely to be hospitalized for heart health problems than people without diabetes, which can also lead to an early death.

If you have type 2 diabetes, speak with your doctor about steps you can take to help manage your risk of heart disease. Visit [www.myheartmatters.ca](http://www.myheartmatters.ca) to learn more

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