Diabetes is a chronic disease in which there is a high level of sugar in the bloodstream. Excess sugar does not “move” into the body’s cells where it is needed for energy and instead the sugar adds up in the bloodstream. Having high levels of sugar in the bloodstream can cause heart disease; also, it can develop into fat that clogs the blood vessels and causes them to wear and tear. Insulin is needed to “move” the sugar into the body’s cells.

Type I Diabetes (T1D):
- T1D is also called Juvenile Diabetes, as the onset happens at an earlier age
- Patients with T1D are not able to make their own insulin
- T1D is managed with a heart-healthy diet, exercise and insulin shots

Type II Diabetes (T2D):
- T2D typically happens in adults as Adult-Onset Diabetes
- Patients with T2D are able to make their own insulin but the cells do not use it properly
- T2D is managed with heart-healthy diet, exercise, medications, and possibly insulin shots

Relationship between Diabetes and Heart Failure:
- Patients with Diabetes are at an increased risk of developing heart failure (HF)
- As many as 50% of patients with T2D may develop HF
- The most common cause of death in patients with Diabetes is heart disease and stroke
- Adults with Diabetes are 2 TIMES as likely to need hospitalization
- High blood pressure and high cholesterol commonly happen at the same time as Diabetes
- Heart failure has a high chance of not being diagnosed in patient with Diabetes

Prevention:
- People with Diabetes at risk for HF should begin therapies that help manage T2D and HF
- Talk with your Health Care Provider to discuss the newer guideline-directed therapies, such as the SGLT-2 inhibitors
- The following risk factors should be assessed early in all patients with T2D:
  - Obesity/overweight
  - High blood pressure (hypertension)
  - High cholesterol and lipids (fats) in the blood (dyslipidemia)
  - Smoking (all tobacco products and including vaping)
  - Sedentary/inactive lifestyle
  - Family history of premature heart disease and chronic kidney disease
- T2D is preventable with active and healthy lifestyle