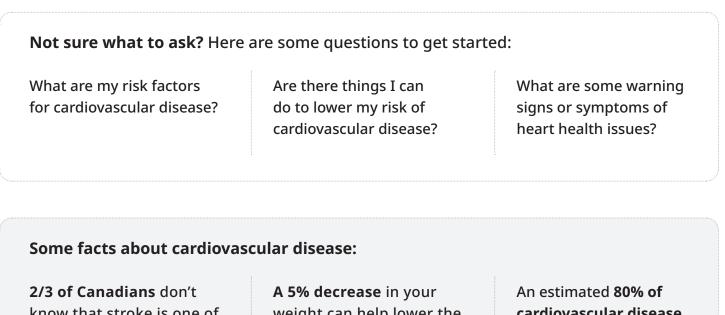
Your heart-to-heart guide.

In Canada, heart disease is the second leading cause of death. And living with diabetes or obesity can increase your risk. But you can start a prevention conversation today. Bring this guide on your next visit to your health care professional.



2/3 of Canadians don't know that stroke is one of the major complications of diabetes

A 5% decrease in your weight can help lower the risk of Type 2 diabetes and improve heart health An estimated **80% of** cardiovascular disease, including heart disease and stroke, is preventable

Notes:





