



# Cardiovascular Disease in Type 2 Diabetes Media Fact Sheet

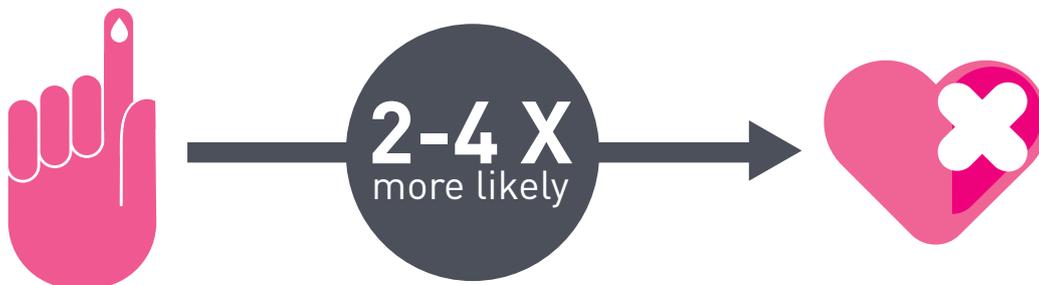
**Cardiovascular disease is the leading cause of death in people with diabetes<sup>1</sup>**

Diabetes affects more than 387 million people worldwide and by 2035 this is expected to increase to 592 million.<sup>2</sup> Type 2 diabetes (T2D) is the most common form, responsible for at least 85–95 percent of all cases.<sup>3</sup> As treatment of diabetes has improved, the aims have broadened from preventing death and relieving symptoms, to reducing the risk of complications.<sup>4</sup> In 2014, diabetes was associated with 4.9 million deaths,<sup>2</sup> with cardiovascular disease the leading cause.<sup>1</sup> Approximately 50 percent of deaths in people with T2D worldwide are caused by cardiovascular disease.<sup>5,6</sup>



**People with diabetes are more likely to develop cardiovascular disease<sup>1</sup>**

People with diabetes are two to four times more likely to develop cardiovascular disease.<sup>1</sup> The risk increases for several reasons. Uncontrolled diabetes is associated with damage to blood vessels, making them even more likely to be damaged by high blood pressure (hypertension) and the build-up of fatty deposits on artery walls (atherosclerosis).<sup>1</sup> Even when glucose levels are controlled, diabetes still has a high association with other conditions that increase the likelihood of developing cardiovascular disease.<sup>7</sup> Life expectancy of people with T2D at high CV risk is, on average, decreased by up to twelve years.<sup>8</sup>



Conditions such as high blood pressure and obesity, more common in people with diabetes, increase the risk of developing cardiovascular disease.<sup>1</sup> High blood pressure is more than twice as common in people with diabetes, and people with both diabetes and high blood pressure are twice as likely to have a stroke compared to those with just high blood pressure.<sup>1</sup>

Diabetes is associated with a threefold increased risk of heart failure and an increased risk of heart attack or stroke.<sup>1</sup> Heart failure is one of the most common reasons for hospital admissions among those 65 years and older in the US.<sup>9</sup> Following a heart attack or stroke, people with diabetes have a worse prognosis.<sup>10</sup> Reducing cardiovascular risk in diabetes may require a holistic approach. A combination of changes to lifestyle habits and medical treatment help reduce the risk of developing cardiovascular disease.

## References

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