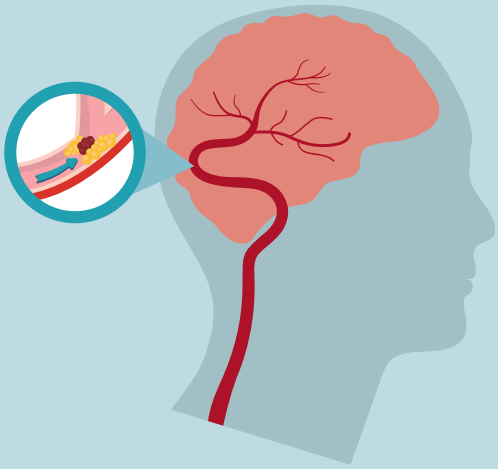
American Diabetes Association®

Guidelines InSIGHT
Your visual guide to the guidelines

Understanding Diabetes and Stroke



Stroke happens when blood flow to part of your brain is blocked. This is a medical emergency that needs to be treated right away.

Signs and symptoms of a stroke:

- Sudden drooping on one side of the face (especially when smiling)
- Weakness or numbness in one side of the body
- Sudden severe headache with no known cause
- Sudden confusion or trouble understanding
- Slurred speech or trouble speaking
- Blurry or double vision
- Dizziness
- Loss of balance or trouble walking

You're at higher risk of having a stroke if you live with diabetes, but there are steps you can take to lower your risk.

Lower your risk of stroke by managing your:

- Blood pressure
- Cholesterol and triglycerides
- Blood glucose (blood sugar)

Talk to your healthcare team about how your current treatment plan helps reduce your risk of stroke and supports your health goals.