

## Mayo Clinic Minute: Strategies to reduce diabetes and heart disease

Heart disease remains a [leading](#) cause of death around the world. And diabetes is one of the risk factors for heart disease. Diabetes is a growing global health concern with more than [422 million](#) people living with this metabolic disorder —the majority of those with Type 2 diabetes.

[Dr. Gosia Wamil](#), a cardiologist at [Mayo Clinic Healthcare](#) in London, has long been [researching](#) the link between diabetes and heart disease. She says for people with diabetes, there are new treatment strategies.

Video	Audio
	Through her research on diabetes and heart disease, Dr. Gosia Wamil says she learned a lot about ...
Gosia Wamil, M.D. Ph.D. Cardiology Mayo Clinic Healthcare in London	"... the role of chronic inflammation and insulin resistance as a mechanism that starts the process of atherosclerosis."
	And atherosclerosis can lead to coronary artery disease and heart attack.
	That's where diet and exercise can help.
	"We have evidence and scientific data that support that weight reduction, improvement in blood pressure as very important strategies to reduce the risk of diabetes and, therefore, complications of diabetes and heart diseases."
	New treatments and therapies are also available.
	"We have for the first developed glucose-lowering treatments that at the same time address the problem, the link between their diabetes and heart diseases."
	For the Mayo Clinic News Network, I'm Alex Osiadacz. (oh-side-is)