

# Know Diabetes by Heart™



## HOW TO HAVE A DISCUSSION WITH YOUR HEALTH CARE PROVIDER ABOUT DIABETES AND HEART DISEASE

If you have type 2 diabetes, understanding your risk for heart disease is one of the most important things you can do in addition to managing your blood sugar—for the sake of your health and the people you cherish most.

That is because people living with diabetes are **two times more likely to develop and die** from cardiovascular disease than people without diabetes.<sup>1</sup> That means you may have a higher chance of having heart disease, stroke or even dying—precious time lost with those who mean the most.

But the good news is, the sooner you understand your risk, the sooner you can talk to your health care provider to learn more about how to live healthier and lower your risk for these complications. **Learn about the connection. Recognize your risk for heart disease. Talk to your health care provider.** Spread the word. The sooner the better.

Scheduling an appointment with your health care provider is an important first step to addressing the link between type 2 diabetes and heart disease.

### BELOW ARE SOME QUESTIONS THAT CAN HELP YOU START THE CONVERSATION:

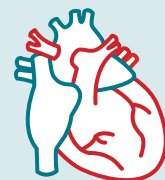
- ♥ Do you think I am at risk for a heart attack or stroke?
- ♥ What else contributes to my risk?
- ♥ Is this risk something I should be concerned about now?
- ♥ What lifestyle changes can I make now to lower my risk for heart disease?
- ♥ If I already take a medication for my heart, am I still at risk?
- ♥ What can I do to help prevent a heart attack or stroke?
- ♥ What resources can help me learn more about this?
- ♥ How will I know if what I'm doing is making a difference?

#### What is Cardiovascular Disease?

Cardiovascular disease includes all types of diseases that affect the heart or blood vessels, which also includes stroke and other conditions.<sup>2</sup>

#### What is Heart Disease?

Heart disease means many different problems that affect the heart, including heart attack, heart failure and coronary artery disease.



**Sign up** to receive more information about type 2 diabetes and heart disease.

[KnowDiabetesbyHeart.org](http://KnowDiabetesbyHeart.org)

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1. Centers for Disease Control and Prevention. Website. <https://www.cdc.gov/diabetes/managing/problems.html>. Accessed October 2018

2. Benjamin, E, et. al. Heart Disease and Stroke Statistical Update. (<http://circ.ahajournals.org/content/early/2018/01/30/CIR.0000000000000558>). Accessed: October 2018.