

# Know **Diabetes** by **Heart**™

## **7** Tips to Care for Your Heart When You Have Type 2 Diabetes

When you have type 2 diabetes, you make a lot of decisions all day long. It can be overwhelming to manage so many things. But you're doing it and tackling each new day.

The American Heart Association and American Diabetes Association built the Know Diabetes by Heart™ initiative to help you along the way. We hope you're proud of yourself for all of your hard work!

### Add these seven tips to your self-care checklist

to care for your heart and body to make all of your efforts count even more.



**Your doctor can help you make a plan to:**



Check in with your doctor regularly. Ask about your heart health.



Continue healthy eating habits. Add fruits and veggies as a start. Eating better will help you \*feel\* better.



Keep moving. Alone or with a friend, it can feel great.



Self-care can be heart care. Lowering your stress is good for your mind and body.



Quit smoking. For ALL the reasons.



Monitor your blood glucose, blood pressure, cholesterol and weight.



Take medication(s) as prescribed.

**People with diabetes CAN lead healthier lives.**

You're not in this alone. Find answers to your questions and join the initiative at: <https://knowdiabetesbyheart.org/join>

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