

# Know **Diabetes** by **Heart**™

## 4 Questions to Ask Your Health Care Provider About Diabetes and Your Heart



What can I do to lower my risk for heart disease and stroke?



Do any of my medications help me manage my risks for heart disease or other complications?



Are there programs that can help me manage my condition? Can you give me a referral?



How can I meet others going through my same experience?



Adults with diabetes are

**2X** MORE LIKELY TO HAVE A HEART ATTACK OR STROKE THAN PEOPLE WITHOUT DIABETES.

If you have type 2 diabetes, **learning about your higher risk** for heart disease and stroke is one of the best ways you can take care of yourself.

**Take the first step: Make an appointment to talk with your health care provider. You can lower your risks.**

We're here to support you. Find answers to your questions and join the initiative at: <https://KnowDiabetesbyHeart.org/join>

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