

DISCUSSING TYPE 2 DIABETES AND CARDIOVASCULAR DISEASE WITH YOUR HEALTHCARE PROFESSIONAL

WHAT IS CARDIOVASCULAR DISEASE?

Cardiovascular disease is a broad term for all diseases of the heart and blood vessels.¹ If you have cardiovascular disease, you are at risk of experiencing a major cardiovascular event such as a heart attack or stroke.¹

DOES HAVING TYPE 2 DIABETES MAKE ME MORE LIKELY TO GET CARDIOVASCULAR DISEASE?

If you have type 2 diabetes, you are up to four times more likely to develop cardiovascular disease than people without diabetes, and twice as likely to die from a cardiovascular event.^{2,3}

The damage type 2 diabetes can have on the heart may start earlier than you might think, and the symptoms may not be visible. So, if you're living with type 2 diabetes, you need to be aware of the risks to your heart, no matter your age or fitness levels, as soon as possible.

WHAT CAN I DO TO REDUCE MY RISK OF CARDIOVASCULAR DISEASE?

Being aware of the increased risk that type 2 diabetes brings to your heart is an important start. The next step is to consult with your healthcare professional.

The good news is that there are things that can be done to reduce your risk of cardiovascular disease. Beyond making changes to your lifestyle, you can talk to your doctor or nurse about your risk of cardiovascular disease, what you can do to lower it, and the latest treatment options available to you.

QUESTIONS TO DISCUSS WITH YOUR DOCTOR OR NURSE AT YOUR NEXT APPOINTMENT:

- ♥ What lifestyle changes can I make now to lower my chances of developing cardiovascular disease?
- ♥ Is the health of my heart and risk of cardiovascular disease something I should be concerned about now?
- ♥ What other factors should I be aware of that contribute to my chances of developing cardiovascular disease?
- ♥ What medications should I take to reduce my risk of developing cardiovascular disease or having a cardiovascular event?
- ♥ If I already take medication for cardiovascular disease, am I still at risk of having a cardiovascular event?

TO LEARN MORE ABOUT TYPE 2 DIABETES AND CARDIOVASCULAR DISEASE, WATCH THE STORY OF HAROLD HEART AND DOROTHY DIABETES

