



FOR YOUR

SweetHeart™

Where diabetes and
heart disease meet



HOW TO HAVE A DISCUSSION WITH YOUR HEALTHCARE 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—for the sake of your health and the people you cherish most.

That is because people with diabetes are **two to four times more likely** to develop cardiovascular disease than people without diabetes.¹ 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 healthcare provider to learn more about the link between type 2 diabetes and heart disease. **Learn about the connection. Recognize your risk. Talk to your healthcare provider.** Spread the word. The sooner the better.

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

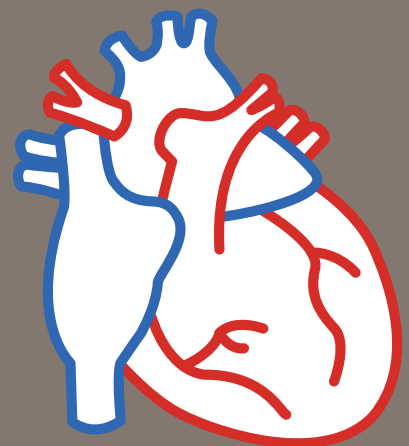
BELOW ARE SOME QUESTIONS THAT CAN HELP YOU START THE CONVERSATION:

- ♥ Do you think I am at risk for a heart attack or stroke?
- ♥ Is my diabetes increasing my risk?
- ♥ What else contributes to my risk?
- ♥ Is this 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?
- ♥ Is there something I can do to help prevent a heart attack or stroke?
- ♥ What resources can help me learn more about this?
- ♥ How will I know if I'm making a difference?

What is Heart Disease?

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

Heart disease is one type of cardiovascular disease, which also includes stroke and other problems with blood vessels.¹



¹ World Heart Federation. Cardiovascular Disease Risk Factors. (<http://www.world-heart-federation.org/cardiovascular-health/cardiovascular-disease-risk-factors/diabetes/>). Accessed: September 2016.