



DON'T MISS A BEAT

The Diabetic Heart Discussion

Bring this guide to your next doctor's appointment and get answers to your questions about cardiovascular (CV) risk, type 2 diabetes management, and treatment options.

Getting the most out of your type 2 diabetes treatment starts by asking the right questions. The following guide will help you get the answers you need to make well-informed decisions.

First, ask yourself...

"Do I have type 2 diabetes?"	YES	NO
"Have I had a CV event, such as a heart attack or stroke?"	YES	NO
"Do I have any CV conditions, such as high blood pressure or arrhythmia?"	YES	NO
"Am I taking heart medicines, like statins or blood thinners?"	YES	NO

If you answered "yes" to any of these questions, it may be time for you and your healthcare provider to have a heart to heart. **Even if you've never had a CV event**, simply having type 2 diabetes means you have the same risk of a fatal heart attack as someone who has already had one.

Now, ask your doctor...



"What exactly is a diabetic heart?"

A diabetic heart has excess plaque buildup that can harden and narrow the coronary arteries. Over time, this can make it harder for the heart to function and can lead to future heart problems. Talk to your doctor to learn more about living with a diabetic heart.



"Does diabetic heart disease increase my risk of dying from a heart attack or stroke?"

Having type 2 diabetes doubles your risk of having a fatal CV event. Multiple conditions are associated with diabetic heart disease. These conditions include coronary heart disease, heart failure, and diabetic cardiomyopathy—which is a disease that damages the heart's structure and function.



"How do I know if I have a diabetic heart?"

If you have type 2 diabetes, you are 4x more likely to develop heart disease. Be sure to ask your doctor, especially if you have a history of heart attacks, stroke, or a narrowing or blockage of the arteries.



"If my A1C is under control, am I still at risk?"

While managing A1C is critically important for your health, type 2 diabetes still increases your risk of a fatal CV event regardless of your A1C or even if you're taking daily CV medications. Ask your doctor about what you can do to reduce the risks associated with a diabetic heart.