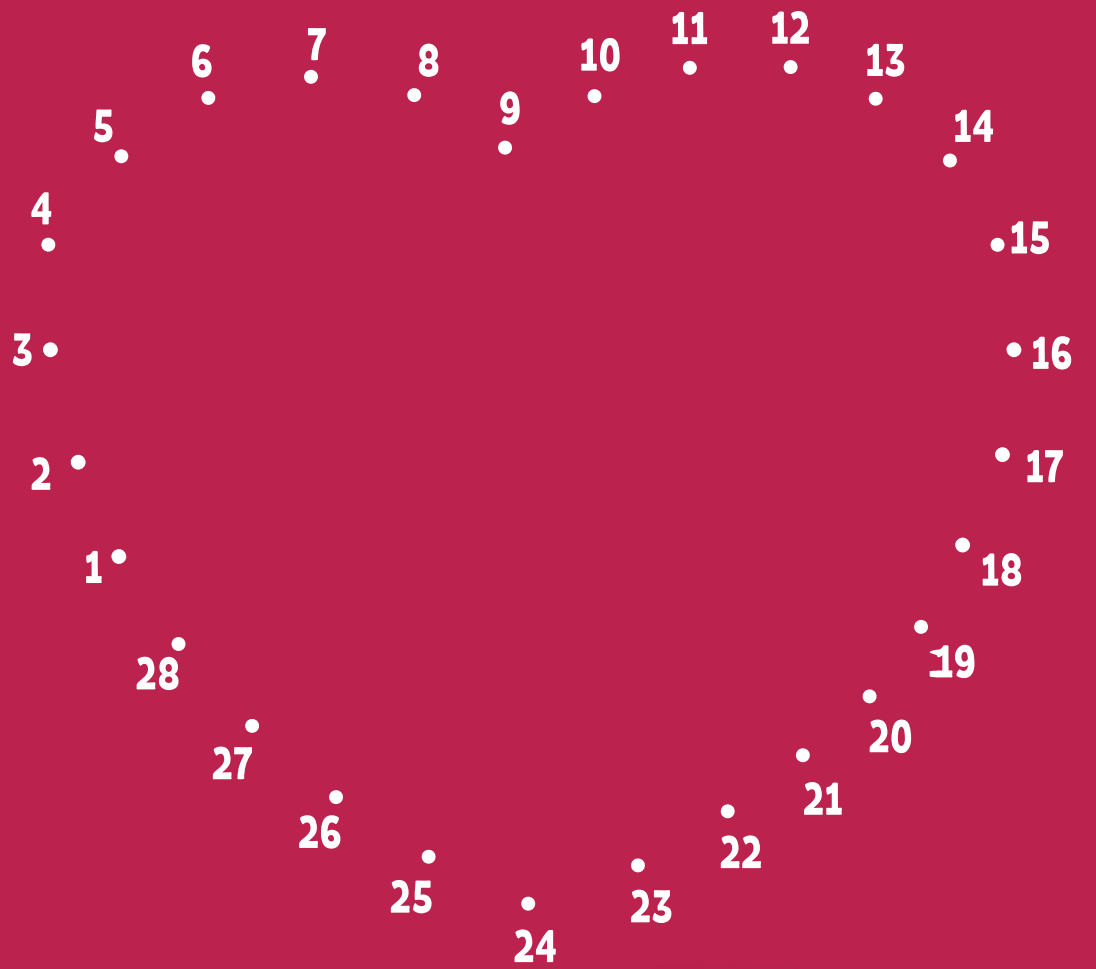


Connect the dots between type 2 diabetes and your heart



Heart disease is the **#1 cause of death** in people with type 2 diabetes. **Controlling your blood sugar alone may not be enough to protect your heart.**



Talk to your doctor about your heart

Understanding heart disease and its relation to type 2 diabetes may help you have a more meaningful conversation with your doctor.

What is heart disease?

Heart disease is a group of conditions that can affect the structure and functions of the heart and its blood vessels. It occurs when the heart, or the blood vessels supplying blood to the heart, have been damaged.

What is the link between type 2 diabetes and heart disease?

Diabetes puts you at greater risk of heart disease and stroke, with heart disease being the most common cause of death from type 2 diabetes.

If you have type 2 diabetes and a history of heart disease, controlling your blood sugar alone may not be enough to protect your heart.

Turn over to find questions to ask your doctor




Your doctor can prescribe certain medications, along with diet and exercise, to help lower your risk of dying from problems related to your heart and blood vessels



Use this discussion guide to start a conversation with your doctor.





If you have type 2 diabetes, give your heart some love

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Take simple steps to help protect your heart. Use this discussion guide with your doctor.

