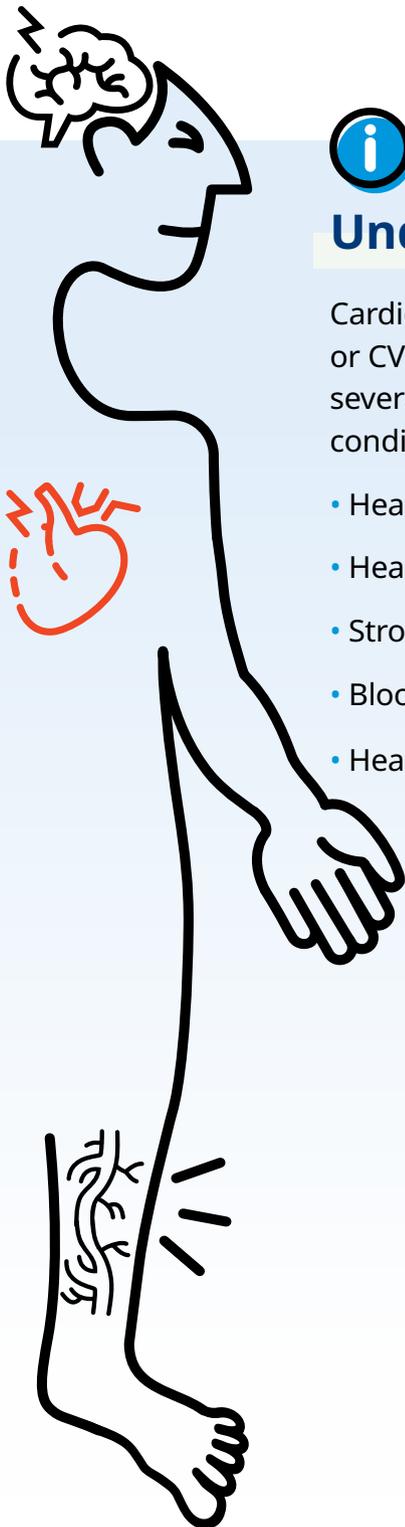


How can I lower my risk for **cardiovascular disease?**



Type 2 Diabetes and Risk for Cardiovascular Disease (CVD)

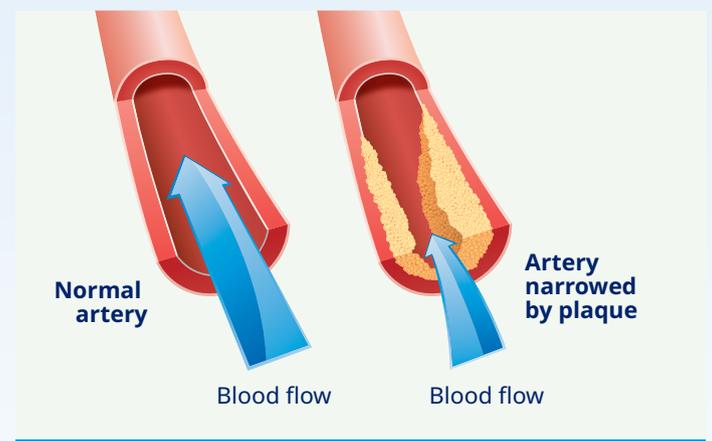


Understanding cardiovascular disease

Cardiovascular disease, or CVD, can refer to several health conditions including:

- Heart disease
- Heart attack
- Stroke
- Blood vessel disease
- Heart failure

Many of these are related to a process called **atherosclerosis**. This is when a substance, called plaque, (*fatty deposits*) builds up in the walls of the arteries. This buildup makes it harder for blood to flow through. If a blood clot or plaque forms, it can block the blood flow.



Type 2 diabetes can increase your risk of developing CVD caused by atherosclerosis. Atherosclerotic cardiovascular disease, or ASCVD, is the leading cause of death in people living with type 2 diabetes. People living with diabetes are also **twice** as likely to have heart disease or a stroke than people without diabetes.



GOOD NEWS!

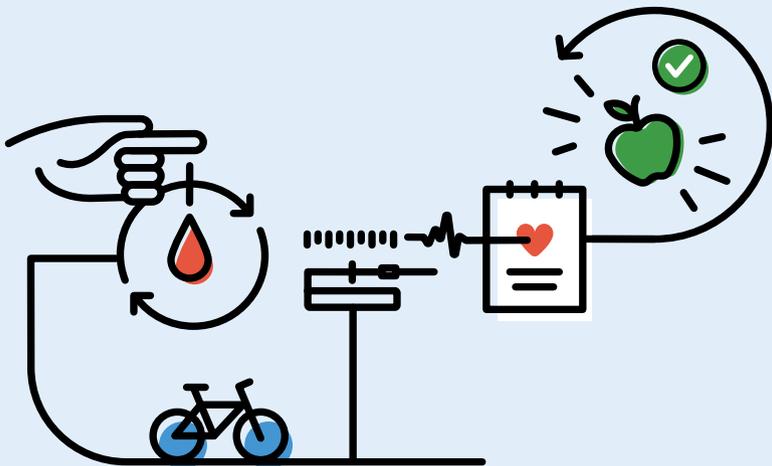
The good news is you can take steps to reduce your risk for serious health problems.

Develop healthy habits

There are many lifestyle changes you can make to help lower your CVD risk or keep it from getting worse. They may also help with managing your diabetes.

- Maintain a heart-healthy diet
- Maintain a healthy weight
- Be physically active every day
- Stop smoking (or don't start)

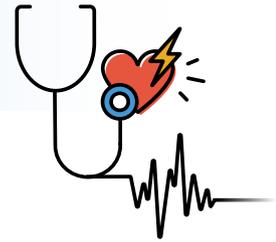
Talk to your diabetes care team to make sure you are doing all you can to make healthy choices.



For high blood pressure

Having both type 2 diabetes and high blood pressure, or hypertension, can greatly increase your risk for CVD. Your diabetes care team will help set your blood pressure target. Your diabetes care team might recommend a medicine to help lower your blood pressure, such as:

- ✓ ACE inhibitors
- ✓ Angiotensin receptor blockers (ARBs)
- ✓ Thiazide-like diuretics
- ✓ Calcium channel blockers



My blood pressure goal

_____ / _____ mm Hg

Date

Blood pressure

_____ / _____ mm Hg

_____ / _____ mm Hg

_____ / _____ mm Hg

Taking medicines

Medicines may also be an important part of your diabetes treatment plan. Your doctor may prescribe medicines that can help keep your blood pressure, cholesterol, triglycerides, and blood glucose close to your target levels. Other medicines may help reduce your chances of blood clots, heart attack, or stroke.

Here are some of the medicines that may be recommended by your health care team.



To prevent blood clots

If you have had a heart attack, unstable angina, stroke, or other form of CVD, your doctor may prescribe a medicine to help prevent blood clots from forming. They may also be prescribed if there is already plaque buildup but not yet a major blockage in an artery. They include:

- ✓ Aspirin
- ✓ Antiplatelet medicine
- ✓ Anticoagulant medicine



For cholesterol & triglycerides

Type 2 diabetes puts you at greater risk for high levels of LDL (“bad”) cholesterol and triglycerides, types of fat in your blood. Both can raise your chance of getting CVD. It’s also a good idea to know your HDL (“good”) cholesterol. Discuss what the right targets are for you with your health care team—and whether you should be taking a medicine called a statin. The American Diabetes Association (ADA) recommends statin therapy for most adults with diabetes based on their cardiovascular risk.

My cholesterol goals

HDL _____ Triglycerides _____

LDL _____ Statin yes no

For blood glucose and CVD risk

There are different types of medicines that work in a variety of ways to lower blood glucose levels. Some diabetes medicines, recommended by the ADA, have been shown to not only help lower blood glucose, but also help lessen the chance of major cardiovascular events such as heart attack, stroke, or death. Talk with your diabetes care team to find out if taking a diabetes medicine shown to reduce cardiovascular risk is right for you, such as:

- ✓ Some GLP-1 receptor agonists
- ✓ Some SGLT-2 inhibitors



My A1C goal _____ %

Date	A1C
_____	_____ %
_____	_____ %

For heart failure

People who had heart failure may need a few different medicines. Each one treats a different symptom or factor that causes heart failure. You can work with your health care team to understand how each medicine works to improve the heart’s function. They may include:

- ✓ ACE inhibitors and ARBs
- ✓ Beta blockers
- ✓ Diuretics or water pills
- ✓ Some SGLT-2 inhibitors



Keep track of your medicines

If you take medicines to treat cholesterol, blood pressure, or diabetes, taking each one exactly as your doctor tells you to, is one of the best defenses against CVD. Be sure to ask questions if you don’t understand something. Don’t stop taking any medicines without talking to your health care team first.

Name: _____

Dose: _____

Why it is taken: _____

Name: _____

Dose: _____

Why it is taken: _____

Name: _____

Dose: _____

Why it is taken: _____



Maintain your heart health



Going to your doctor visits and seeking support from your health care team can help you maintain the health of your heart and blood vessels. The steps below can help you keep track of your heart health during your regular checkups.

- ✓ Check your blood pressure, cholesterol, and triglyceride levels
- ✓ Share your blood glucose meter readings
- ✓ Review your current A1C and your A1C goals
- ✓ Check your weight and talk about ways to reach or stay at a healthy weight
- ✓ Discuss your physical activity
- ✓ If you smoke, talk about ways to quit
- ✓ Talk about all the medicines you take
- ✓ Ask any other questions you have about your diabetes care

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