

# HOW TO START A CONVERSATION WITH YOUR DOCTOR

Did you know, if you have **type 2 diabetes**, you're **twice as likely to experience a stroke or heart attack?**<sup>1,2</sup> Fortunately, there are **ways you can reduce your risk.**

Cardiovascular disease refers to all the diseases that affect the heart and blood vessels.<sup>3</sup> Heart attacks and strokes are types of cardiovascular events, which are caused by damage to your blood vessels. This can cause blockages and reduce blood flow to the heart and brain.<sup>4,5</sup>

Talk to your doctor and find out how you can reduce your risk of a cardiovascular event through healthy lifestyle choices and the right type 2 diabetes treatment.

## NOT SURE WHERE TO START?

Here are some handy questions you could ask your doctor to get the most out of your appointment:

- 1 What is the connection between type 2 diabetes and cardiovascular disease?
- 2 How can I reduce the risk of having a heart attack or stroke?
- 3 Can losing weight lower the risk of cardiovascular disease?
- 4 How should I adjust my lifestyle to improve my heart condition?
- 5 Is the risk for cardiovascular disease linked to my family history?
- 6 Does my cholesterol medication protect me against stroke and heart attack?
- 7 Are there any warning signs of a heart attack or stroke that I should look out for?

**Remember to print out this quick guide today and bring it along to your next scheduled doctor's appointment.**



Notes

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1. Almdal T, et al. *Archives of internal medicine*. 2004;164:1422-1426. 2. Fox C S, et al. *The Journal of the American Medical Association*. 2004;292:2495-2499. 3. Huo X, et al. *The Lancet Diabetes & Endocrinology*. 4(2), 2016: 115-124. 4. Herrington W, et al. *Circulation Res*. 2016; 118:535-546. 5. National Institute of Health. Atherosclerosis. <https://www.nhlbi.nih.gov/health-topics/atherosclerosis> Last accessed: November 2022.

