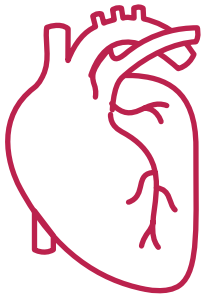
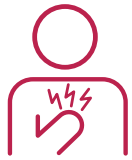


Talk to your doctor – and keep the focus on your heart



If you have type 2 diabetes and a history of heart disease, **controlling your blood sugar alone may not be enough.** **But there are medications that – along with diet and exercise –** have been **proven to lower the risk** of dying from problems related to your heart and blood vessels.

Here are some questions you can ask your doctor



Should I be concerned about my heart health or my risk of heart disease?



What else can I do to manage my heart health?



What day-to-day changes can I make to lower my risk of heart disease?



Am I on a medication that can reduce my risk of dying from problems related to my heart and blood vessels?



What other factors can contribute to my risk of heart disease?

In Canada, there are currently two available treatments indicated, along with diet and exercise, to reduce the risk of dying from heart disease if you have type 2 diabetes and a history of heart disease. For more information about these options, talk to your doctor.

Keep your heart top of mind



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 people at greater risk of heart disease and stroke, which are two of the most common causes of death from type 2 diabetes.



2–4x more likely to develop heart disease than people without diabetes



Over **3x** more likely to be hospitalized for heart health problems



May develop heart disease **15 years** earlier compared to people without diabetes



1 in 2 people with type 2 diabetes **dies due to heart disease**

How can you protect your heart?

Proper management of type 2 diabetes may help prevent or delay the onset of diabetes complications such as heart disease.

There are also medications available in Canada that are indicated, along with diet and exercise, to **reduce the risk of dying from events related to the heart or blood vessels** if you have type 2 diabetes and a history of heart disease.

Talk to your doctor for more information about these treatment options.

Make your heart the reason to see your doctor