

## Talk to Your Doctor

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. Use the questions below to kick-start a conversation with your doctor and together, create a plan to reduce the risk of heart disease, heart failure, and stroke.**

### QUESTIONS FOR YOUR DOCTOR:

- Are my sugars within target?
- Is my blood pressure under control?
- Is my cholesterol within target?
- Is my weight and exercise plan right for me?
- Have I taken all the steps to manage my smoking and stress?
- Am I on a medication that can reduce my risk of dying from problems related to my heart and blood vessels?



### Living with Diabetes

After diagnosis, you may feel overwhelmed, but there's help out there if you need it.

[GET SUPPORT](#)

There are many risks and factors that could affect health if you've been diagnosed.

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