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What Are Your Risk Factors For Heart Disease?

There are many things that can increase your chances of developing heart disease, in addition to having diabetes. But armed with the right information, and with a few simple steps, you can help reduce that risk.

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reducing your risk of heart disease

Speak to your doctor about your risk of heart disease if you have experienced any of the following:

- High blood pressure
- High cholesterol
- High blood sugar
- Being overweight
- Inactive lifestyle
- Smoking
- Family history of heart disease or stroke

Did you know?

Women with diabetes are more likely to have heart attacks, angina (chest pain), heart failure or heart surgery than men with diabetes.

Recent research shows that if you have type 2 diabetes, controlling your blood sugar alone may not be enough

to protect your heart. People with type 2 diabetes could develop heart disease 10 to 15 years earlier than people who do not have diabetes. If you have type 2 diabetes and a history of heart disease, talk to your doctor about possible medication options.

It's important to talk to your doctor about your risk of developing heart health issues.

How can I reduce my risk of heart disease?

Diabetes Canada recommends that people with diabetes reduce their risk of heart disease by:

- Aiming for good blood pressure control
- Controlling cholesterol levels
- Manage blood glucose

It's also important to remember the ABCDES to reduce your risk of heart attack and stroke:

the A-B-C-D-E-s of risk reduction

A1C
Control blood glucose levels and keep A1C around 7 per cent or less. A1C is a blood test that is an index of the average blood glucose level over the last 120 days.

Blood pressure
Control your blood pressure to less than 130/80 mmHg

cholesterol
Manage your cholesterol
drugs to protect your heart

Speak with your doctor about medication options to help reduce the risk of heart attack and stroke

exercise
Regular physical activity, which includes healthy diet, achievement and maintenance of a healthy body weight

screening for complications
Ensure you're tested regularly for possible complications with your heart, feet and kidneys

smoking cessation
Look into ways to reduce or stop smoking

self-management
Manage stress effectively

[Speak to your doctor](#) about how you can protect your heart health. Together, you can come up with an achievable step-by-step plan to reduce the risk of heart disease.
Or [click here](#) for more information about diabetes and heart health.

A Patient's Perspective

Being told "you have heart disease" can be scary and life-changing. Dan knows the shock that comes with a diagnosis – and now has the determination to live a healthier life.

"I wish I knew about this sooner."

[Dan lives with heart disease and type 2 diabetes; for him it was a wakeup call to live a healthier life. Learn about how Dan](#)

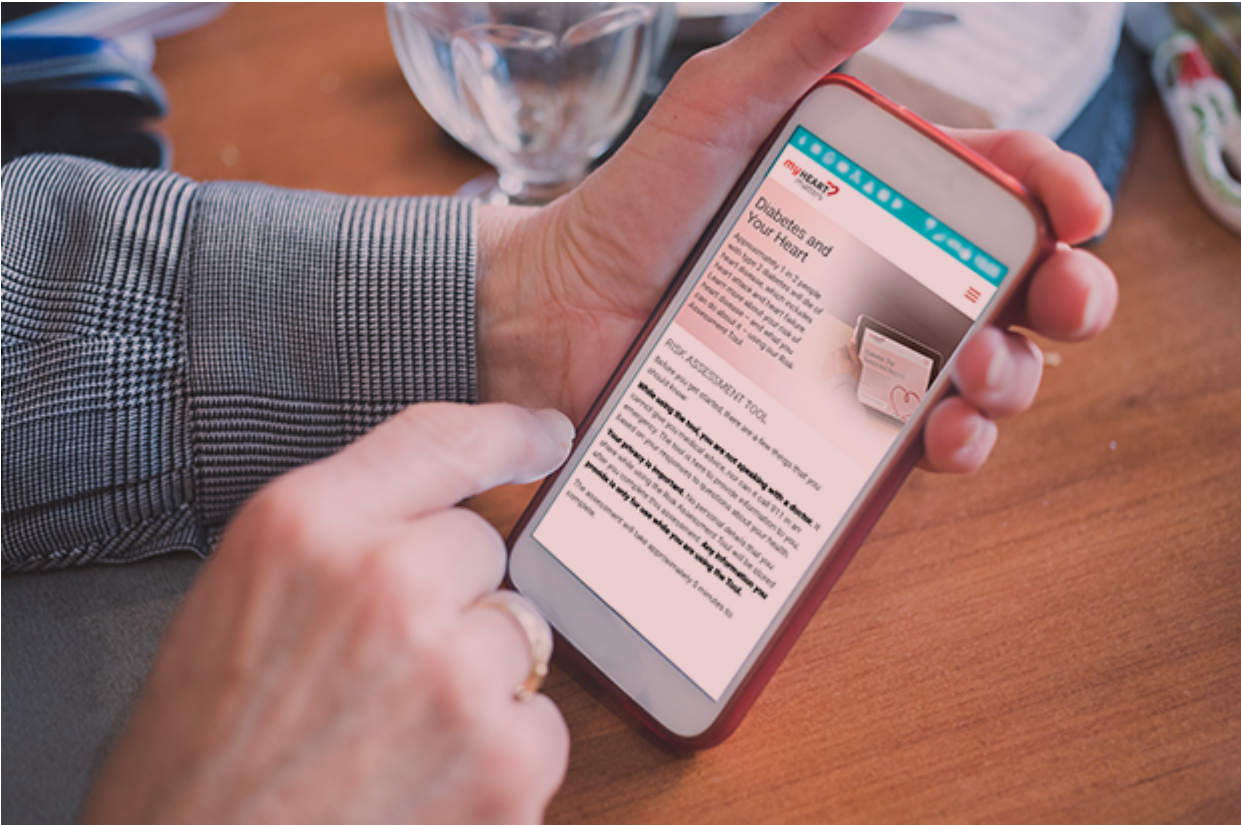
Dan lives with heart disease and type 2 diabetes; for him it was a wakeup call to live a healthier life. Learn about how Dan took charge of his diabetes and his heart health. It's never too late.



Be Prepared for Your Next Appointment

Make the most of your doctor's appointment with a discussion checklist, as well as appointment reminders.

[Talk to your doctor](#)



Diabetes and your heart

Heart disease symptoms can be silent. That's where our Risk Assessment Tool can help you define your personal risk of heart disease.

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