

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?

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.



Living with Diabetes

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

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