

# Have a heart to heart with your doctor

Your Heart and Type 2 Diabetes

*Make The Connection*

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Making the connection between type 2 diabetes and cardiovascular disease is very important. Taking action to learn more about diabetic heart disease, and to reduce your risk for heart attack, stroke, or death, is even **more** important. Here are some key questions to ask your doctor on your next visit:

- ♥ What is the connection between type 2 diabetes and my heart?
- ♥ Is it true that I'm still at risk for heart attack or stroke even if I've reached my A1C goal?
- ♥ How do I know if I'm at high risk for a heart attack or stroke?
- ♥ How can I reduce my risk for cardiovascular disease?
- ♥ If I'm on other heart medications, like medications for blood pressure and cholesterol, am I still at risk?
- ♥ Is there a treatment option that might be appropriate for me?