## GETREAL ABOUT DIABETES

## Questions to ask your health care provider

about cardiovascular risk with type 2 diabetes

When you have type 2 diabetes, your risk of a heart attack or stroke is **up to 4 times greater** than someone without type 2 diabetes. In fact, it's estimated that around **30% of people living with type 2 diabetes** worldwide already have cardiovascular disease.

But there are things you can do to help reduce your risk of cardiovascular events—whether you've had one already or not. Some of these questions may apply to your very situation—use them at your next appointment to get the conversation started.

0	Understanding my cardiovascular risk		What can I do about it
	How can diabetes affect my heart?		What are the most important things I can start doing now to lower my cardiovascular risk?
	What other factors in my life and my health history may affect my cardiovascular risk?		What strategies can I use to motivate myself to eat better, exercise, stop smoking, or make other lifestyle changes?
	Are there any cardiovascular risk factors I should be focusing on the most right now?		Are there any medications that can help manage my cardiovascular risk?
	I've had a heart attack or a stroke in		
	the past. What does that mean for my risk today?	?	Additional questions I have
	How often should I check in with you to talk about my cardiovascular risk?		

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