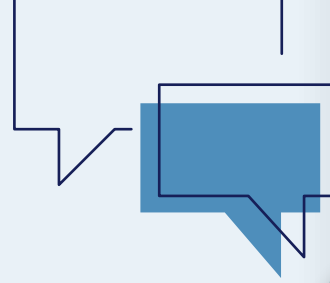


# Questions to ask your health care provider

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.



## Understanding my cardiovascular risk

- How can diabetes affect my heart?
- What other factors in my life and my health history may affect my cardiovascular risk?
- Are there any cardiovascular risk factors I should be focusing on the most right now?
- I've had a heart attack or a stroke in the past. What does that mean for my risk today?
- How often should I check in with you to talk about my cardiovascular risk?



## What can I do about it

- What are the most important things I can start doing now to lower 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 medications that can help manage my cardiovascular risk?



## Additional questions I have

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