

# Know **Diabetes** by **Heart**™

## 4 Questions to Ask Your Doctor About Diabetes and Your Heart



What changes can I make to take care of my heart?



What can I do before my next appointment?



How will I know if the changes I've made are making a difference?



What resources can help me learn more?



Adults with diabetes are

**2X** MORE LIKELY TO HAVE A HEART ATTACK OR STROKE THAN PEOPLE WITHOUT DIABETES.

All it takes is one conversation to start reducing your risk.

If you have type 2 diabetes, **learning about your higher risk** for heart disease and stroke is one of the best ways you can take care of yourself.

**Millions of people with diabetes are leading healthy lives.**  
And you can too.

**Start simple: Make an appointment to talk with your doctor. You can lower your risks.**

You're not in this alone. Find answers to your questions and join the initiative at: <https://KnowDiabetesbyHeart.org/join>

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