

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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