

Small Steps to Big Changes

Things You Can Do to Reduce Your Risk for Heart Failure



Diabetes and heart failure are related.

Over time, type 2 diabetes weakens your arteries. The insides of your arteries slowly fill with plaque (a fatty substance). The more blocked your arteries become, the harder it is for your your heart to keep up.

If you've been diagnosed with heart failure

your heart isn't pumping, it means as well as it should. People with type 2 diabetes are at increased risk for this serious and progressive condition.

Millions of people with type 2 diabetes are leading healthy lives. It's time to give your Type 2 a Take 2.



Lead a healthy lifestyle

Your lifestyle has a big influence on controlling your diabetes and reducing your risk for heart disease. Get regular check-ups, take your medicine and follow a healthy diet.

Keep moving, too!



Be in the know

Talk to your doctor about how you can manage your risk for heart disease, including heart failure.



You do you

Each person with type 2 diabetes has a unique journey. Using tools like medication guides, healthy menu plans and tips for exercising can set you on the right path. Your doctor can help.

IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.

Talk to your doctor about your next steps. You're not in this alone. Find answers to your questions and join the initiative: [KnowDiabetesbyHeart.org/join](https://www.knowdiabetesbyheart.org/join)