

DISCUSSING TYPE 2 DIABETES AND HEART DISEASE WITH YOUR HEALTHCARE PROFESSIONAL



WHAT IS HEART DISEASE?

Heart disease is a broad term for all diseases of the heart and blood vessels, most commonly including coronary artery disease. It can lead to a serious event, such as a heart attack.^{1,2}

Does having type 2 diabetes mean I am more likely to get heart disease?

People with type 2 diabetes are two to four times more likely to develop heart disease, and at double the risk of dying from heart disease, than people without diabetes.^{3,4}

If you have type 2 diabetes, it's your heart that could be at increased risk, so looking after your heart is a very important part of diabetes care.⁵

WHAT CAN I DO TO REDUCE MY RISK OF HEART DISEASE?

Understanding that type 2 diabetes can increase your risk of heart disease is important for anyone with type 2 diabetes, so getting informed is a key first step.

The next step is to talk to your doctor about how they can support you to lower your risk of heart disease, and the good news is that there are already things you can do yourself that may reduce your risk.⁶

Live a healthy lifestyle

- Achieve and maintain a healthy body weight
- Eat a healthy diet; reduce your intake of sugar and saturated fats
- Don't smoke as it increases the risk of heart disease⁶
- Ask your doctor about the physical activities appropriate for you

Beyond making changes to your lifestyle, you can ask your doctor if there are treatment options that may reduce your risk of heart disease.⁶

WHAT IF I ALREADY HAVE HEART DISEASE?

If you already have heart disease and type 2 diabetes, you may be at higher risk of having more serious heart problems.⁷ Speak to your doctor about ways to reduce your risk.

It's Your Heart. Protect It.

References

1. Mackay J and Mensah GA *et al.* World Health Organization. 2004
2. Einarson TR, Acs A, Ludwig C, *et al.* *Cardiovasc Diabetol.* 2018;17:83.
3. Beckman J, Creager M, Libby P. *JAMA.* 2002;287:2570-2581.
4. Di Angelantonio E, *et al.* The Emerging Risk Factors Collaboration: Association of Cardiometabolic Multimorbidity With Mortality. *JAMA.* 2015;314(1):52-60.
5. Morrish NJ, Wang SL, Stevens LK, *et al.* Mortality and Causes of Death in the WHO Multinational Study of Vascular Disease in Diabetes. *Diabetologia* 2001;44Suppl 2:S14-21.
6. American Diabetes Association. Standards of Medical Care in Diabetes 2018. *Diabetes Care.* 2018;41(Suppl.1):S7-S12.
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QUESTIONS TO DISCUSS WITH YOUR DOCTOR OR NURSE AT YOUR NEXT APPOINTMENT:



Is the health of my heart and my risk of heart disease something I should be concerned about now?



What lifestyle changes can I make to lower my risk of heart disease?



What other factors should I be aware of that contribute to my risk of heart disease?



What treatment options are there that may reduce my risk of heart disease?



If I already take medication for heart disease (e.g. blood pressure or cholesterol lowering treatments), what else can I do to further reduce the risk of heart disease?