

# DO YOU KNOW THE WARNING SIGNS OF HEART DISEASE?

TALK TO YOUR DOCTOR ABOUT REDUCING YOUR RISK FACTORS TODAY.

PEOPLE WITH DIABETES ARE

# 2X

AS LIKELY TO GET HEART DISEASE



## What can you do to lower your risk and support a healthy heart?



### Manage your blood glucose, blood pressure, and cholesterol levels

- Know your A1C and time in range. Talk with your doctor about ways to achieve your time in range target
- Ask your doctor about SGLT-2 inhibitors and GLP-1 agonists to lower blood glucose and improve heart health
- A statin at full dose for managing LDL cholesterol is important for people with type 2 diabetes
- Screen for and treat high blood pressure: aim for a blood pressure of less than 130/80



### Do not smoke

- If you smoke, talk with your doctor about a plan to quit



### Exercise regularly and lose weight if needed

- 150 minutes of exercise a week or 10,000 steps per day is a great target for exercise. Exercise helps the heart stay strong and slows the progression of heart failure; if you already have heart disease, talk with your doctor about safe ways to approach physical activity, such as walking
- Ask your doctor if it would be helpful to lose weight



### Eat a healthy, balanced diet that supports stable blood glucose levels

- Eat fiber-rich foods— see [diaTribe.org/nutrition](https://diaTribe.org/nutrition)
- Avoid sugar and reduce carbohydrates, salt, and saturated fats. Avoiding highly processed/package foods can help you do this

**OTHER RISK FACTORS: HIGH BLOOD PRESSURE | HIGH CHOLESTEROL | OBESITY | SMOKING | LACK OF PHYSICAL ACTIVITY | FAMILY HISTORY OF HEART DISEASE**

## WHAT IS HEART DISEASE?

Heart disease occurs when **blood vessels become blocked and the heart can't pump enough oxygen-rich blood to the rest of the body.** Heart disease is a chronic condition that progresses over time: at first, people may not have symptoms, but over time they may experience shortness of breath, fatigue, irregular heartbeat, chest pain, and a lack of ability to exercise or walk around. This can lead to heart attack, stroke, and eventually heart failure.