

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
- 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.