

# 4 Questions

## to Ask Your Health Care Professional About Diabetes and Your Heart



What can I do to lower my risk for heart disease and stroke?



Adults living with diabetes are  
**2X** MORE LIKELY TO HAVE A HEART ATTACK OR STROKE THAN PEOPLE WITHOUT DIABETES.



Are there programs that can help me manage my condition? Can you give me a referral?

If you are living with 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.



How can I meet others going through my same experience?

Take the first step: Make an appointment to talk with your health care professional. You can lower your risks.

For more information please visit  
<https://www.heart.org/diabetes>