

# 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?



Do any of my medications help me manage my risks for heart disease or other complications?



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



How can I meet others going through my same experience?



Adults living with diabetes are

**2X**

MORE LIKELY TO HAVE A HEART  
ATTACK OR STROKE THAN  
PEOPLE WITHOUT DIABETES.

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.

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>