

Do You Have Diabetes? Protect Your Heart... Do Your Part!

Ask your doctor about the ABCDEs to reduce your risk of heart attack and stroke:

- A** A1C – Glucose control target is usually 7% or less
- B** BP – Blood pressure control (less than 130/80 mmHg)
- C** Cholesterol – LDL cholesterol should be less than or equal to 2.0 mmol/L
- D** Drugs to protect your heart* (see below)
Blood pressure pills (ACE inhibitors or ARBs), cholesterol lowering pills (statins), or ASA (Aspirin)
- E** Exercise – Regular physical activity which includes, healthy diet, achievement and maintenance of healthy body weight
- S** Stop smoking and manage stress

Should you be on medications to protect yourself against heart attack and stroke? Select which box (1, 2 or 3) best describes you



1. I have problems with my circulation:

- I have had a heart attack, surgery or angioplasty for blocked heart blood vessels
- I have chest pain when I exercise
- I have leg pain when walking due to blocked blood vessels in my legs
- I have had surgery for blocked blood vessels (arteries) in my legs
- I have had a stroke, or "mini-stroke" (also called a TIA)

*If you checked at least one of these circles, ask your healthcare team about these medications to help protect you:

- Cholesterol lowering pills (statins) to protect you
- Blood pressure pills (ACE inhibitors or ARBs) to protect you
- ASA (Aspirin) to protect you

.....and ALWAYS talk to your team about a healthy lifestyle that is right for you.

 **If you did not check box #1, then go to the next section.** 

2. I have these problems from my diabetes:

- I have been told that diabetes has affected the back of my eyes (retinopathy)
- I have been told there is protein in my urine (nephropathy)
- I have pain or numbness of my feet due to diabetes (neuropathy)



OR

I am 55 years old or older

*If you checked at least one of these circles, ask your healthcare team about these medications to help protect you:

- Cholesterol lowering pills (statins) to protect you
- Blood pressure pills (ACE inhibitors or ARBs) to protect you

.....and ALWAYS talk to your team about a healthy lifestyle that is right for you.

 **If you did not check box #2, then go to the next section.** 

3. I am 40 to 54 years old living with diabetes

OR

I am over 30 years and have lived with diabetes for more than 15 years

*If you checked one of these boxes, ask your healthcare team about Cholesterol lowering pills (statins) to protect you.

Work with your healthcare team on your ABCDEs to help you live well with diabetes.