

What medications should I be taking to reduce my risk of diabetes complications?

Talk to your diabetes health-care team if you answer “yes” to any of the following boxes:

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 (angina)
- 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)
- I have had surgery on a carotid artery for blockage

If you checked at least one of these circles, ask your health-care team about these medications:

1. ASA (Aspirin). [Consider clopidogrel if ASA-intolerant.]
2. Blood pressure pills (ACE inhibitors or ARBs)
3. Cholesterol lowering medications (statins)
4. GLP-1 RA and/or SGLT2i at doses with proven heart benefit, even if your A1C is at target (does not pertain to people with type 1 diabetes)

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

▼ If you did not select the box above, then go to the next section. ▼

I have been told:

- I have protein in my urine (kidney disease)
- I have decreased kidney function (kidney disease)
- I have heart failure

OR

I am 60 years old or older with 2 or more of these risk factors† for heart disease or stroke

†Risk factors for heart disease or stroke:

- Central obesity
- Tobacco use
- High blood pressure (treated or untreated)
- High cholesterol (treated or untreated)

If you checked at least one of these boxes, ask your health-care team about these medications:

1. Blood pressure pills (ACE inhibitors or ARBs)
2. Cholesterol lowering medications (statins)
3. GLP-1 RA and/or SGLT2i at doses with proven heart benefit, even if your A1C is at target (does not pertain to people with type 1 diabetes)

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

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I have:

- Been told diabetes has affected the back of my eyes (retinopathy)
- Pain or numbness of my feet due to diabetes (neuropathy)
- Left ventricular hypertrophy

OR

I am 55 years old or older with 1 or more of these risk factors† for heart disease or stroke

†Risk factors for heart disease or stroke:

- Tobacco use
- Hypertension
- TC > 5.2 mmol/L; HDL-C < 0.9 mmol/L
- Albuminuria

If you checked at least one of these boxes, ask your health-care team about these medications:

1. Blood pressure pills (ACE inhibitors or ARBs)
2. Cholesterol lowering medications (statins)

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

▼ If you did not select the box above, then go to the next section. ▼

I am 40 years old or older and living with diabetes

OR

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

If you checked one of these boxes, ask your health-care team about:

1. Cholesterol lowering medications (statins) ...and ALWAYS talk to your team about a healthy lifestyle that is right for you.

Work with your health-care team on your ABCDESSS to help you live well with diabetes.

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