

HELPING YOUR LOVED ONE DISCUSS TYPE 2 DIABETES AND HEART DISEASE WITH THEIR HEALTHCARE PROFESSIONAL



ENCOURAGE YOUR LOVED ONE TO TALK TO THEIR DOCTOR

Due to advances in care, doctors now have more options to prescribe treatments that may reduce the risk of heart disease.^{7,9}

Here are some suggested questions that you or your loved one can discuss with their doctor or nurse during their next appointment:



Is the risk of heart disease something we should be concerned about now?

What lifestyle changes can we make now to lower the chances of developing heart disease?



What other factors should we be aware of that contribute to the risk of developing heart disease?

What treatment options are there that may reduce the risk of heart disease?



If medication for heart disease (e.g. blood pressure or cholesterol lowering treatments) is already being taken, what else can be done to further reduce the risk of heart disease?

Remember to look after yourself, too: Looking after someone can be demanding as well as rewarding. Make sure you take the time to also look after your own health and wellbeing.

**It's Your Heart.
Protect It.**

WHAT IS HEART DISEASE?

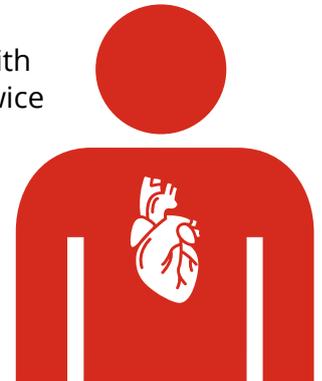
Heart disease is a broad term for all diseases of the heart and blood vessels, including coronary artery disease. It can lead to a serious event such as a heart attack.²

What is the link between type 2 diabetes and heart disease?

People living with type 2 diabetes have an increased risk of heart disease, so looking after their heart is an important part of diabetes care.² In fact, people with type 2 diabetes are 2–4 times more likely to develop heart disease and are at twice the risk of dying from heart disease, compared to people without diabetes.^{1,3}

The damage type 2 diabetes can have on the heart might start earlier than you think, and the symptoms may not be recognised straight away.^{5,6}

People with type 2 diabetes may also have other medical conditions, such as high blood pressure and high cholesterol, which also increase their risk of developing heart disease.¹



HOW CAN YOU HELP TO PROTECT THEIR HEART?

Understanding that type 2 diabetes can increase the risk of heart disease is an important start. The good news is that there are things that can be done that may reduce the risk of heart disease in people with type 2 diabetes,⁷ so being informed of the options is important.

If you care for someone with type 2 diabetes you may find yourself asking, how can you help.

Support your loved ones to live a healthy lifestyle



Help them achieve and maintain a healthy body weight

Tip: Doing regular exercise can help maintain a healthy body weight.⁸ Encourage them to speak to their doctor about the physical activities appropriate for them and consider choosing an activity you can enjoy doing together regularly.



Support them to eat a healthy diet

Tip: Prepare and enjoy home-cooked meals together, with plenty of fresh fruit and vegetables, to reduce the intake of sugar and saturated fats.⁹



Help them stop smoking as it increases the risk of heart disease⁷

Tip: Encourage them to seek medical advice on appropriate smoking cessation aids.⁹



Encourage them to visit their doctor for regular health check-ups

It's Your Heart. Protect It.

References

1. Beckman J, Creager M, Libby P. *JAMA*. 2002;287:2570-2581. 2. Einarson TR, Acs A, Ludwig C, et al. *Cardiovasc Diabetol*. 2018;17:83. 3. Di Angelantonio E, et al; The Emerging Risk Factors Collaboration: Association of Cardiometabolic Multimorbidity With Mortality. *JAMA*. 2015;314(1):52-60. 4. Morrish NJ, Wang SL, Stevens LK, et al. Mortality and Causes of Death in the WHO Multinational Study of Vascular Disease in Diabetes. *Diabetologia* 2001;44Suppl 2:S14-21. 5. Chillarón J, Flores-Le Roux J, Benaiges D, et al. *World J Clin Cases*. 2014;2(9):415-421. 6. Cosson E, Nguyen MT, Chanu B et al. *Diabetes Care*. 2011;34(9):2101-7. 7. American Diabetes Association. Standards of Medical Care in Diabetes 2018. *Diabetes Care*. 2018;41(Suppl.1):S7-S12. 8. Colberg, Sheri R. et al "Exercise and Type 2 Diabetes." *Diabetes Care* 33.12 (2010): e147-e167. Web. 08 Nov. 2018. 9. European Society of Cardiology. *European Heart Journal*. 2016;37,2315-2381