High blood sugar can damage your heart. Over time, high blood sugar can cause the buildup of plaque in your arteries. This can lead to decreased blood flow to your body. The longer you have type 2 diabetes, the greater your risk for cardiovascular disease (CVD) events which can lead to heart attack or stroke.

The longer you have type 2 diabetes, the greater your risk for cardiovascular disease (CVD) events which can lead to heart attack or stroke. As a diabetic, you have a higher risk of CVD events. Even with treatment for both your diabetes and CV risk, your heart, CV risk still remains.

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Important reminders from our discussion about type 2 diabetes and CV risk.

A guide to speaking with your patients about type 2 diabetes and cardiovascular disease.

Making the Connection

Diabetes and Your Heart

Connection

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High blood sugar can damage your heart

Over time, high blood sugar can cause damage to your blood vessels and nerves.

This damage to your blood vessels puts you at greater risk for CVD.

The longer you have type 2 diabetes, the greater your risk for developing CVD.

A closer look at cardiovascular disease (CVD)

CVD can take many different forms, some of which are related to the buildup of plaque in your arteries.

With this buildup, arteries can become narrowed, limiting blood flow to your organs and tissues, which can lead to cardiovascular (CV) events.

For people with type 2 diabetes, CVD is:

- the #1 cause of death
- up to 4 times more likely than for people without diabetes
- present in 1 out of 3 people older than 35
Taking Action to Reduce Your CV Risk

Understanding You’re Still at Risk for CV Events

Recognizing CVD

CVD can take many different forms\textsuperscript{6,10,11}

- Blood vessel diseases
- Heart rhythm problems
- Weakened pumping of the heart
- Heart valve problems
- Chest pain due to blockage in the arteries of the heart
- Narrowing of the arteries of the legs

If you have 1 or more of these conditions, you have CVD

CVD can lead to a major CV event such as heart attack, stroke, or death\textsuperscript{10,11}

With CVD, if you develop a blood clot, it can stop blood flow to important organs such as your heart or brain.

- A heart attack happens when blood flow to the heart is blocked
- A stroke occurs when part of your brain goes without blood for too long
Even with treatment, you may still be at risk for CV events
Because of your diabetes and your CVD, you may be taking medicines, including:

- **Diabetes medicines**
  - Pills
  - Non-insulin injectables
  - Insulin

- **Heart medicines**
  - For cholesterol
  - For blood pressure
  - Blood thinners

Controlling your A1C and taking your heart medicines are great ways to reduce your risk of a CV event such as a heart attack or stroke.\(^1\,^2\)

...but not eliminated\(^3\,^4\)

\(^{12}\)
Taking Action to Reduce Your CV Risk

Understanding You’re Still at Risk for CV Events

Risk of First Event

- Studies have shown that even with treatment with both diabetes and heart medicines, approximately 1 in 6 people may still experience a CV event such as a heart attack or stroke. Studies have shown that even with treatment with both diabetes and heart medicines, approximately 1 in 6 people may still experience a CV event such as a heart attack or stroke.

Risk of Second Event

- Research has shown that compared with people without diabetes, 60% more people had a secondary CV event.

Risk of Death

- In a separate study, about 2½ years after an event, death occurred in approximately:
  - 1 in 4 people with a stroke
  - 1 in 3 people with a heart attack
  - 1 in 15 people with no CV or renal event
Healthy lifestyle choices can benefit your diabetes and decrease your CV risk. These choices can include:

- Quitting Smoking
- Eating Right
- Staying Active
- Losing Weight
- Limiting Alcohol

There are medicines that can help your diabetes and reduce your CV risk. When we select a diabetes medicine, let’s discuss a diabetes medicine that lowers your A1C and reduces the risk of CV events.

These days, there’s more that can be done.
Important reminders from our discussion about type 2 diabetes and CV risk

- Your risk of CVD is up to 4x greater compared with someone without diabetes
- Even with treatment for both your diabetes and your heart, CV risk still remains
- CV risk is higher once you’ve had an event
- Healthy lifestyle choices may benefit both your diabetes and your CV risk

When we select a diabetes medicine, we need to consider lowering your A1C AND reducing your risk of CV events