

Taking Action to Reduce Your CV Risk

Understanding You're Still at Risk for CV Events

Recognizing CVD

Making the Connection

Making the Connection

Diabetes
and Your
Heart

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



High blood sugar can damage your heart

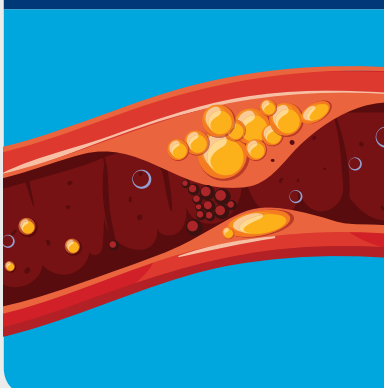


Over time, high blood sugar can cause damage to your blood vessels and nerves¹⁻³

This damage to your blood vessels puts you at greater risk for CVD¹⁻³

The longer you have type 2 diabetes, the greater your risk for developing CVD^{4,5}

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 arteries⁶

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:

#1 the #1 cause of death⁷

4x up to 4 times more likely⁸ than for people without diabetes

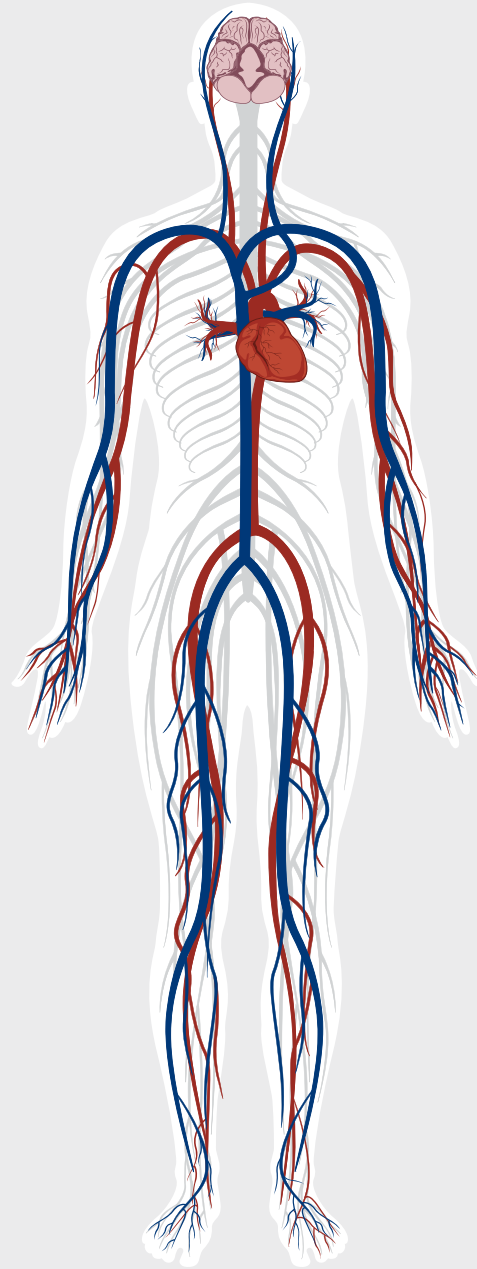
1/3 present in 1 out of 3 people⁹ older than 35

CVD can take many different forms^{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^{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.¹²



A1C Control

+



Heart Medicines

=



CV Risk Reduced...



...but not eliminated^{13,14}

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 stroke¹⁵



Risk of Second Event

Research has shown that compared with people without diabetes,

60% more people had a secondary CV event¹⁶

Risk of Death

In a separate study, about 2½ years after an event, **death occurred in approximately¹⁷**



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^{12,18}

These choices can include:



Quitting Smoking



Eating Right



Staying Active



Losing Weight



Limiting Alcohol



These days, there's more that can be done.



There are medicines that can help your diabetes **AND** reduce your CV risk^{12,18}



For your **HEART**

Continue taking your heart medicines



For your **DIABETES**

Let's discuss a diabetes medicine that **lowers your A1C AND reduces the risk of CV events**

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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 diabetes⁸
.....
- ✓ Even with treatment for both your diabetes and your heart, CV risk still remains^{13,14}
.....
- ✓ CV risk is higher once you've had an event
.....
- ✓ Healthy lifestyle choices may benefit both your diabetes and your CV risk^{12,18}



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