

Many patients do not realize there is a link between T2D and CV risk, but it's important that they know this link exists. These simple, straightforward answers to common questions can help.

1 What is the connection between type 2 diabetes and my heart?

The longer you have type 2 diabetes, the higher your risk for experiencing a CV event, which is why managing your diabetes and taking any prescribed treatments are key.^{1,2} Your risk of another CV event, such as a heart attack or stroke, is greater after you've already had a CV event, so we will work together and do everything we can to reduce your risk.³

2 How do I know if I'm at high risk for a heart attack, stroke, or other CV event?

Your risk for a CV event is a combination of modifiable and non-modifiable factors. Things like race and family history play a role, but it is more important to focus on the things you can change. Those are known as lifestyle factors. A high BMI, high cholesterol, poor diet, and smoking contribute to a higher risk of a CV event, but together, we can look for ways to reduce your risk.^{4,5}

3 How can I reduce my risk for cardiovascular disease?

Managing your lifestyle factors and choosing the right treatments with help from your care team go a long way towards reducing cardiovascular risk. Making dietary changes, staying active, losing weight, limiting alcohol consumption, and quitting smoking may all make a significant difference.^{4,5}

4 If I'm on other heart medications, like medications for blood pressure and cholesterol, am I still at risk?

It's important to continue taking your medications, because controlling your diabetes and heart conditions is vital to keeping you healthy.⁶ Even though treatment can reduce your risk, it is not altogether eliminated.^{7,8} That's why managing your lifestyle factors, in conjunction with other treatments, is key to reducing your risk of a CV event.^{6,9}

5 Is it true that I'm still at risk for heart attack or stroke even if I've reached my A1C goal?

Even though reaching your A1C goal makes a positive impact, there is still a residual risk.^{7,8} Patients with T2D are 2 to 4 times more likely to develop cardiovascular disease than those without T2D.¹⁰ This makes communication with your care team even more important. Familiarize yourself with warning signs and do your best to stay on track with your treatment plan.

6 Is there a treatment option that might be appropriate for me?

Every patient is different, so we will find something that makes sense for your lifestyle, conditions, and needs. There are treatment options available that help lower A1C and reduce CV risk simultaneously.⁹

Encourage your patients to visit www.heartoftype2.com for more information.

REFERENCES: 1. Fox CS, Sullivan L, D'Agostino RB Sr, Wilson PWF; the Framingham Heart Study. The significant effect of diabetes duration on coronary heart disease mortality. *2004;27(3):704-708*. 2. Halter JB, Musi N, McFarland Horne F, et al. Diabetes and cardiovascular disease in older adults: current status and future directions. *2014;63:2578-2589*. 3. van der Heijden AAWA, Van't Riet E, Bot SDM, et al. Risk of a recurrent cardiovascular event in individuals with type 2 diabetes or intermediate hyperglycemia. *2013;36:3498-3502*. 4. Benjamin EJ, Virani SS, Callaway CW, et al. Heart disease and stroke statistics—2018 update: a report from the American Heart Association. *2018;137(12):e67-e492*. 5. American Heart Association. Understand Your Risks to Prevent a Heart Attack. <https://www.heart.org/en/health-topics/heart-attack/understand-your-risks-to-prevent-a-heart-attack>. Accessed August 26, 2018. 6. American Heart Association. Lifestyle changes for heart attack prevention. http://www.heart.org/HEARTORG/Conditions/HeartAttack/LifeAfteraHeartAttack/Lifestyle-Changes-for-Heart-Attack-Prevention_UCM_303934_Article.jsp#.Wmtgl66nHDc. Accessed September 13, 2018. 7. Gerstein HC, Miller ME, Genuth S, et al; ACCORD Study Group. Long-term effects on intensive glucose lowering on cardiovascular outcomes. *2011;364:8181-828*. 8. Stolar M. Glycemic control and complications in type 2 diabetes mellitus. *2010;123: S3-S11*. 9. American Diabetes Association. Standards of medical care in diabetes—2018. *2018;41(suppl 1):S1-S172*. 10. Martín-Timón I, Sevillano-Collantes C, Segura-Galindo A, del Cañizo-Gómez FJ. Type 2 diabetes and cardiovascular disease: have all risk factors the same strength? *2014;5(4):444-470*.

HeartofType2™ is a trademark of Novo Nordisk A/S. Novo Nordisk is a registered trademark of Novo Nordisk A/S.

All other trademarks, registered or unregistered, are the property of their respective owners.

© 2018 Novo Nordisk All rights reserved. US18VZ00146 November 2018

