

## HOW PEOPLE WITH TYPE 2 DIABETES DECREASE RISK OF CARDIOVASCULAR DISEASES AND DEATH

### QUIZ:

- QUESTION:** Type 2 diabetes doubles your chance of dying from a cardiovascular disease (shorten your life by 8 to 10 years)?

**ANSWER:** Yes; Type 2 diabetes makes you twice as likely to die from a cardiovascular event such as a heart attack or stroke. With more than one heart disease your chance is even higher of dying early.
- QUESTION:** If you have a history of stroke, heart attack; do you have a cardiovascular disease?

**ANSWER:** Yes, talk to your physician about treatment.
- QUESTION:** Is managing your blood sugar enough to reduce your risk cardiovascular disease? Will maintaining your blood sugar at a normal rate prevent you from developing cardiovascular disease?

**ANSWER:** Managing your blood sugar is very helpful but alone it significantly is not enough to reduce the high rate of death. There are several drugs for people with diabetes which decrease and maintain A1C and the decreases the risk of cardiovascular death. Talk with your physician about your medication and ask if changes need to be made.
- QUESTION:** If you are already taking cardiovascular medication are still at risk?

**ANSWER:** Yes. There many new medications out on the market that might help you decrease the symptoms and risk of cardiovascular disease. Talk with your physician about the treatment of your diabetes and cardiovascular diseases. Reminder you will need a treatment that meets your needs.

Education also can help you decrease your health risks from diabetes and cardiovascular disease. There are many T2 programs that will help you be active in your own care and teach you how to reduce your risk to live a full happy life.

Reference:  
[www.fda.gov/medwatch](http://www.fda.gov/medwatch)

