

Time to Act:

Understanding Your Cardiovascular Risk as a Patient With Type 2 Diabetes




What Can You Do? Start by Knowing Your Numbers!

A1C

- ▶ 2- to 3-month average of blood glucose levels
- ▶ Should be tested every 3-6 months, or more often if needed
- ▶ **Target:** $\leq 7\%$


BMI/ Waist

- ▶ BMI (based on height and weight) and waist circumference
- ▶ Should be measured at every doctor's appointment
- ▶ **Target:** can depend on race, age, body type, and body fat percentage 







BP

- ▶ Force of blood pumping through your arteries
- ▶ Should be measured daily at home and at every doctor's appointment
- ▶ **Target:** $<120/80$ mmHg or $<130/80$ mmHg for patients treated for high blood pressure

Lipids

- ▶ Cholesterol levels in the blood
- ▶ Should be measured once per year or as recommended by your doctor
- ▶ **Target:** targets differ according to the type of cholesterol (eg, TC, LDL, HDL, TG) 

What Can You Do? Talk to Your Doctor and Ask Questions!

-  What numbers should I be most concerned about?
-  Why am I on the medications that I'm currently taking?
-  What can we do to get them within the target range?
-  Do my medications help me reduce the risk of heart attack and stroke?
-  What else can we do to reduce my risk for heart attack and stroke?
-  Are there programs that can help me manage my diabetes and cardiovascular risk?

Are There Any Other Important Topics You Might Want to Discuss With Your Doctor?

Do you have any advice to help me stay on my medications and take them the way I should?

Are there any ways to reduce the number of pills I'm taking?



How can I meet other people going through the same things I am?

What can I do if my insurance won't cover the medication you prescribe?