Diabetes and the risk of heart disease or stroke

If you have diabetes, you are more likely to have:
• Heart disease
• Heart attack
• Stroke
You could even die from heart disease or stroke. But you can do things to help prevent heart disease!

Make good choices to help control blood sugar, blood pressure, and cholesterol
• Eat less fatty foods
• Use less salt
• Eat five servings of fruits and vegetables a day
• Cook the low-fat or no-fat way
• Be active
• Get to and stay at a healthy weight
• Quit smoking

To lower your risk for heart disease and stroke:
• Take medicines as your doctor tells you
• Ask your doctor if taking aspirin, such as low-dose aspirin, is right for you
• Ask your doctor about how other changes in the way you live can help

Meet your goals!
The American Diabetes Association says you should try to reach these goals. Work with your doctor to set your own goals.

<table>
<thead>
<tr>
<th>Goal</th>
<th>My goal: ______</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1C test goal: Below 7%</td>
<td></td>
</tr>
<tr>
<td>Test at least twice a year, or every three months if you are not meeting your goals</td>
<td></td>
</tr>
<tr>
<td>Blood pressure goal: Below 130/80 mmHg</td>
<td>My goal: ______ mmHg</td>
</tr>
<tr>
<td>Check at every regular diabetes visit</td>
<td></td>
</tr>
<tr>
<td>LDL cholesterol goal: Below 100 mg/dL</td>
<td>My goal: ______ mg/dL</td>
</tr>
<tr>
<td>Check at least once a year, or more often if your doctor tells you to</td>
<td></td>
</tr>
</tbody>
</table>

This material has been developed by GlaxoSmithKline.