When thinking about your options, it is important to take into account your personal beliefs and concerns and those of your family.

Diabetes is a condition where there is too much glucose (a type of sugar) in the blood. People with diabetes are 2–4 times more likely to have a heart attack or stroke.

Plaque (fatty streaks) build up in the artery wall. This narrows the artery. This happens faster in people with diabetes. If the plaque cracks, a blood clot can form and block the artery. This causes a heart attack or stroke.

Questions for my next appointment:

- What are the pros and cons of each change you might like to make?
- How confident are you that you can take the next step?
- Have you thought about the wider benefits of making changes for both you and your family?

For more, search ‘diabetes’
www.heartfoundation.org.nz

As a charity we thank our generous donors for helping bring this resource to life

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THINK ABOUT YOUR FUTURE
Being there for your family, your plans and dreams. Could your diabetes and risk of heart attack or stroke affect this?

MY RISK
of heart attack or stroke in the next five years is ____________________________ (high, medium, low)

What would I like to do to lower my risk? What does my health professional recommend?

- Stop smoking
- Make heart healthy eating and drinking choices
- Move more
- Lose weight
- Take medications

Questions you might like to ask:

- What is the most important thing for me to do to lower my risk?
- What small steps can I take to lower my risk?
- What are ideal blood pressure, cholesterol and HbA1c levels for me?

If you’re thinking about or already taking complementary therapies, talk to your health professional about these

My next step is:

If you would like support with goal setting, ask your health professional about the Heart Foundation ‘Taking control’ resource