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

You’re much more likely to get there with support, so who will you ask to support you to manage your overall risk and your diabetes (e.g. family/whanau/church)?

Have you thought about the wider benefits of making changes for both you and your family?

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?

Diabetes
A risk factor for heart attack and stroke

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.

DIABETES SPEEDS UP HEART DISEASE

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:

For more information, personal stories and videos, search ‘diabetes’ on our website: heartfoundation.org.nz

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

Printed March 2019
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
Manage my blood pressure, cholesterol and blood sugar levels

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: