

TAKE ACTION: HAVE A HEART-TO-HEART WITH YOUR GP



People with type 2 diabetes are two to four times more likely to develop some form of heart disease than people without the condition. This is why it's important you understand what you can do to reduce your risk.

We don't want you to miss out on precious time with your loved ones, so we're encouraging you to have a heart-to-heart with your healthcare team. The sooner you talk to your healthcare team, the sooner you can reduce your risk.

So pick up the phone, make an appointment with your GP for a chat about your heart health today.

And share the love. Does someone you care about have type 2 diabetes? Encourage them to talk to their health team.

What should you ask your GP?



Am I at risk of heart attack or stroke?



Should I be concerned about this right now?



How can I get personalised dietary advice?



Is diabetes increasing my risk of heart attack or stroke?



What changes can I make to lower my risk of heart disease?



If I already take heart medication, am I still at risk?



What else contributes to my risk of heart attack or stroke?



How can I get more active?



How will I know if I have lowered my risk?