


# HOW TO HAVE A HEART-TO-HEART ABOUT DIABETES AND HEART DISEASE





Do you have a loved one living with type 2 diabetes?


Here are some tips for having a heart-to-heart with your loved ones about diabetes and heart disease.

 **Be direct.**

 **Share the good news – the sooner they know about their increased risk, the sooner they can take steps to reduce their risk.**

 **Encourage them to talk to their GP about their risk and what they can do to reduce it.**

 **Be open. Discuss your fears, worries and needs. Remind your loved one you want them to be around for a long time.**

 **If you feel uncomfortable having the discussion, that's ok. Encourage your loved one to visit [www.takingdiabetestoheart.com.au](http://www.takingdiabetestoheart.com.au)**