

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

# Diabetes

A risk factor for heart attack and stroke



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)?

What are the **pros and cons** of each change you might like to make?

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

How **confident** are you that you can take the next step?

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

### Questions for my next appointment:

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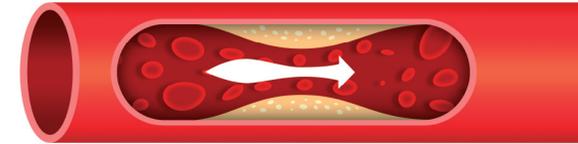
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Plaque (fatty streaks) build up in the artery wall. This narrows the artery.



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.



For more information, personal stories and videos, search 'diabetes' on our website: [heartfoundation.org.nz](http://heartfoundation.org.nz)



*You can have diabetes without knowing it, as there are often no signs. The only way you can find out is to have a **blood test***



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Diabetes is only **one** of the risk factors for heart attack and stroke. Ask your health professional what your **overall** risk is

## 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?



## 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:

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