

# Do you have diabetes?

*Do your part...  
protect your heart!*

Canadian Diabetes Association  
**CPG**  
Clinical Practice Guidelines

**Are you at high risk of heart attack and stroke? Check the items below that apply to you.**

- I am a man 45 years old or older or a woman 50 years old or older
- I am over 30 years old and have had diabetes for more than 15 years
- I have problems with circulation:
  - I have had a heart attack, coronary bypass surgery or angioplasty for blocked heart blood vessels
  - I have chest pain with exercise
  - I have leg pain when walking
  - I have had surgery for blocked blood vessels (arteries) in my legs
  - I have had a stroke, transient ischemic attack (TIA) or "mini-stroke"
- My diabetes has affected my eyes, kidneys and/or nerves:
  - My eye doctor tells me that diabetes has affected the back of my eyes (retinopathy)
  - My doctor found some protein in my urine (nephropathy)
  - I have pain or numbness of my feet due to diabetes (neuropathy)
- I have other risk factors for heart attack or stroke:
  - I smoke cigarettes
  - I have high blood pressure
  - I have high cholesterol
  - I have a family history of heart attacks or strokes in a close relative (man under age 55 years or woman under age 65 years)

If ANY of the above items applies to you, your risk of heart attack or stroke or other problem related to hardening of the arteries may be more than 15 to 20% over the next 10 years, and you should take steps to reduce the risk.

**Ask your doctor about the following  
to REDUCE your risk of heart attack and stroke:**

- Glucose (sugar) control** (A1c blood test of 7% or lower)
- Blood pressure control** (BP lower than 130/80 mmHg)
- Cholesterol-lowering medication** (LDL of 2.0 mmol/L or lower, TC/HDL ratio lower than 4.0)
- ACE-inhibitor or ARB medication**
- Aspirin** (if you have had a heart attack or stroke)
- Quit smoking**
- Regular physical activity**
- Maintaining healthy diet and body weight**

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