

7 Tips

to Care for Your Heart When Living With Type 2 Diabetes



When living with type 2 diabetes, you make a lot of decisions all day long. It can be overwhelming to manage so many things. But you're doing it and tackling each new day.

Add these seven tips to your self-care checklist

to care for your heart and body to make all your efforts count even more.



Your health care professional can help you make a plan to:



Check in with your Health care professional regularly. Ask about your heart health.



Continue healthy eating habits. Add fruits and veggies as a start. Eating better will help you **feel** better.



Keep moving. Alone or with a friend, it can feel great.



Self-care can be heart care. Lowering your stress is good for your mind and body.



Quit smoking. For ALL the reasons.



Monitor your blood glucose (blood sugar), blood pressure, cholesterol and weight.



Take medication(s) as prescribed.

People living with diabetes CAN lead healthier lives.

For more information please visit
www.heart.org/diabetes