

**MAKE THE
TYPE 2 DIABETES
CONNECTION**

Am I at risk for stroke?



How can I lower my risk of stroke?

You can lower your chance of having a stroke by keeping your blood glucose, blood pressure, and cholesterol on target by making healthy choices that help manage stroke risk:

- ✓ Take your prescribed medicines
- ✓ Stop smoking
- ✓ Follow a heart-healthy eating plan
- ✓ Limit how much alcohol you drink
- ✓ Be physically active every day
- ✓ Try to stay at a healthy weight

Talk to your diabetes care team to make sure you are doing all you can to make healthy choices.

Know your ABC's

A **A1C** (your average blood glucose level over the past 3 months)

My A1C now: _____

My A1C goal: _____

B **Blood Pressure**

My blood pressure goal: ___/___ mm Hg

I will check my blood pressure _____ times each day/week/month (Circle one)

C **Cholesterol**

My cholesterol goals:

HDL: _____

LDL: _____

Triglycerides: _____

What is the link between type 2 diabetes and stroke?

The way the body manages blood glucose (*blood sugar*) connects stroke and heart disease with diabetes. In people with type 2 diabetes, the pancreas does not make enough insulin or the body does not use it the right way. These things can cause too much glucose to build up in the blood. Over time, high blood glucose levels may cause a build-up of fatty deposits or clots in your blood vessels. This can lead to stroke and heart disease.

Who is at risk for stroke?

People with type 2 diabetes are more likely to have a stroke than people without diabetes. You may have more risk if you:

- Are over 55 years of age
- Your family background is African-American
- Had a stroke or a mini-stroke (TIA)
- Have a family history of stroke or TIA
- Have heart disease
- Have high blood pressure
- Are overweight
- Have high LDL (*bad*) cholesterol and low HDL (*good*) cholesterol levels
- Are not physically active
- Smoke

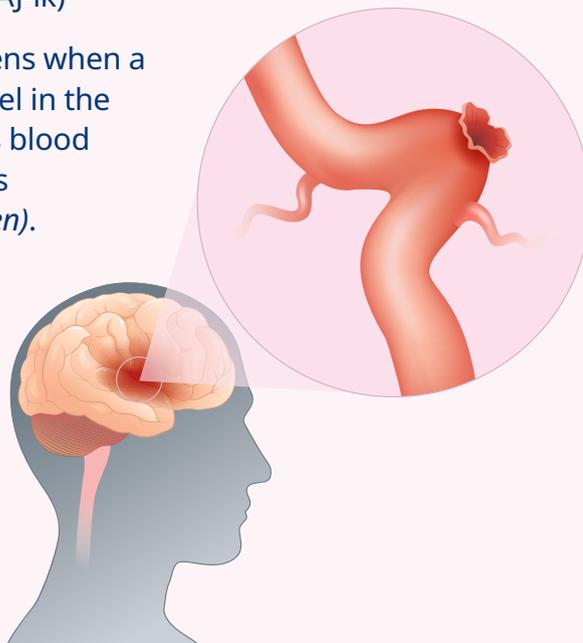
What is a stroke?

A stroke happens when one of the many blood vessels that supply your brain with oxygen becomes damaged or blocked. If the brain cannot get the blood and oxygen it needs, brain cells can die. There are two main types of stroke.

Hemorrhagic

(hem-ah-RAJ-ik)

This happens when a blood vessel in the brain leaks blood or ruptures (*breaks open*).

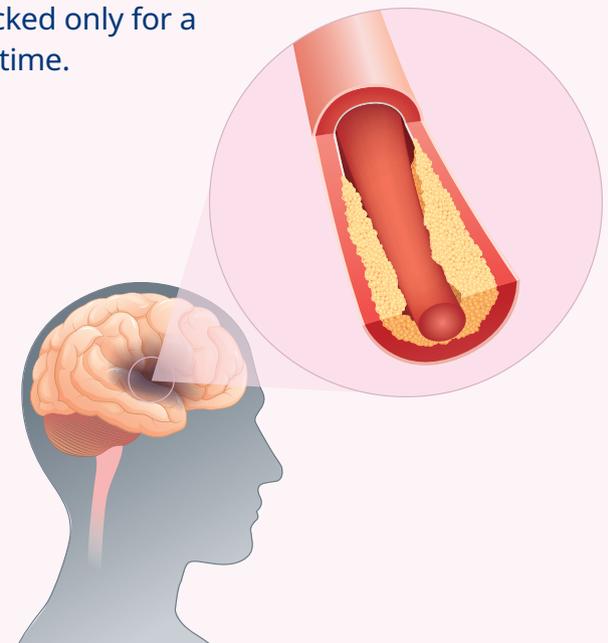


Ischemic

(is-KE-mik)

This happens when a blood vessel that brings blood to the brain is blocked. A blood clot is often the cause.

A **transient ischemic attack**, also called a TIA or mini stroke, is when the blood flow is blocked only for a short time.



What are the warning signs for stroke?

Use the letters in "F.A.S.T." to help you quickly spot the signs of stroke.

- F** **Face drooping**
Is one side of the face drooping or numb? 
- A** **Arm weakness**
Is one arm weak or numb? 
- S** **Speech**
Is speech slurred or hard to understand? 
- T** **Time to call 9-1-1,**
even if the symptoms go away. 

Other sudden symptoms of stroke may be:

- Numbness
- Trouble walking
- Confusion
- Severe headache
- Trouble seeing

If you think that you or someone you know is having a stroke, call **9-1-1 right away**. It is important to treat a stroke as soon as possible to limit damage to the brain.

What medicines do you take?

It is important to keep track of your diabetes medicines and any other prescribed medicines you take. Write them down below. Be sure to ask your diabetes care team if you have any questions about the medicines you take.

Do you have questions?

Talk to your health care team to learn more about what you can do to help lessen your chances of having a stroke.



Ask your health care team any questions you may have, such as:

- ? What is my risk for stroke?
- ? Are there any medicines I can take to help lower my risk?

- ?

- ?

- ?

Bring this list to your next appointment.



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