

COORDINATE-Diabetes



Why is the COORDINATE-Diabetes study being done?

Heart disease is a common problem for people who have type-2 diabetes and is a growing public health concern.

**THIS IS WHERE
WE NEED
YOUR HELP**

By participating in this study and letting us follow your health over time, you allow us to learn how to better care for patients with diabetes and heart disease in the future.

What will happen during the study?



After signing a consent form, you will be asked to provide your contact information and permission to view your health records.



You will be given tools to help you keep track of your diabetes and heart disease medications, and which medicines are used to address each (or both!).



Staff from your clinic will use your medical record to keep track of which medicines you are prescribed and any clinic visits or hospitalizations related to your heart disease and/or diabetes.



You will only be contacted at the following touch points 3, 6, 9, and 12 months. We will check your vital status at 2 years and 5 years after enrollment from publically available records.



Your privacy is extremely important to us, and all personal information will be kept confidential. Details about how we protect your privacy can be found in the consent form.



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About Cardiovascular Disease and Diabetes



Heart disease affects 2 out of every 3 patients who suffer from diabetes.



High blood sugar can lead to blockages in your arteries, which could cause a heart attack or stroke.



Medications for both diabetes and heart disease or stroke are important for your long-term health.



Things like reducing blood pressure, reducing cholesterol, maintaining a healthy weight and exercise routine, and taking prescribed medications regularly protect your heart and arteries. All of this can reduce your risk of further heart disease or stroke, and help you feel healthier longer.

How to take control of your care



Caring for your diabetes and heart disease or stroke starts with you.



Attend all scheduled doctor appointments.



Do at least 30 minutes of exercise, like brisk walking, most days of the week.



Eat a healthy diet high in protein, vegetables, and whole grains, while avoiding carbohydrates like bread, sweets or rice.



If you're having a hard time remembering to take your medications, try a pill organizer.

QUESTIONS?

Call

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