



Medication	Dose	Class	Prescriber	Aim of Medication
		<i>Statin</i>		<i>Protect heart and lower cholesterol</i>
		<i>ACE-inhibitor or ARB</i>		<i>Protect heart and kidneys, lower blood pressure</i>
		<i>SGLT-2 or GLP-1</i>		<i>Protect heart and lower sugars</i>

COORDINATING YOUR CARE

Diabetes and cardiovascular disease

PATIENT NAME

Emergency Contact

Emergency Contact Phone

Primary Care Physician

Cardiologist

Other Provider

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Allergies

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Tips for Taking Your Diabetes and Cardiovascular Care Into Your Own Hands


Control Cholesterol

LIFESTYLE	MEDICATIONS
Reduce saturated fats: avoid lard, butter, sour cream	Most important: statin
Reduce red meat and increase fish intake	However, ezetimibe, PCSK-9 inhibitors or other agents may be added
Exercise regularly	
Maintain healthy weight	




Control Blood Pressure

LIFESTYLE	MEDICATIONS
low salt diet (e.g. less pizza, cured meats, soup, breads)	ACE inhibitors
Exercise regularly	angiotensin-receptor blockers
Maintain healthy weight	calcium channel blockers
	beta blockers
	diuretics



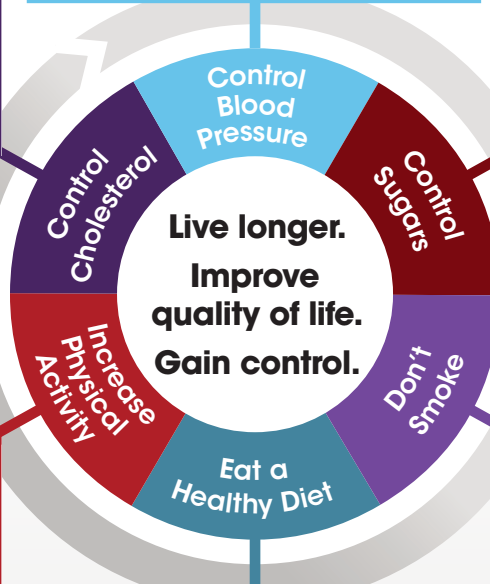
Control Sugars

LIFESTYLE	MEDICATIONS
Confirm your blood sugar level target with your doctor	Most important: metformin and/or SGLT-2 inhibitors or GLP-1 receptor agonists
Try regular, smaller meals	However, insulin or other medications may be added
Aim for low glycemic index options	





Increase Physical Activity

LIFESTYLE
Set an achievable goal – start in small amounts and increase
Aim for at least 30 minutes aerobic exercise daily, 5 days a week
Join a walking group or ask someone to join you
Integrate into your routine by walking to work or during lunch



Eat a Healthy Diet

LIFESTYLE
Use up as many calories as you take in
Maximize healthy fats (e.g. extra virgin olive oil and fish), protein and vegetables
Dairy in moderation
Minimize carbohydrates
Minimize processed or red meat



Don't Smoke

LIFESTYLE	MEDICATIONS
Set a date	Ask your provider if a medication can help
Write down why you want to quit	
Calculate how much money you will save	
Remove all tobacco from reach	
Avoid situations likely to tempt you	

