

<u>Discussion Notes about Diabetes & Heart Disease</u>

Am I at risk for a heart attack or stroke?	Yes/No/Let's talk more
What medications might help me reduce my risk for heart disease?	
What lifestyle actions can reduce my risk of Cardiovascular disease?	
What resources can help me learn more about this?	
What can I do to help prevent a heart attack or stroke?	
How will I know if what I'm doing is making a difference?	

