

Your heart-to-heart guide.



In Canada, heart disease is the second leading cause of death. And living with diabetes or obesity can increase your risk. But you can start a prevention conversation today. Bring this guide on your next visit to your health care professional.

Not sure what to ask? Here are some questions to get started:

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| What are my risk factors for cardiovascular disease? | Are there things I can do to lower my risk of cardiovascular disease? | What are some warning signs or symptoms of heart health issues? |
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Some facts about cardiovascular disease:

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| 2/3 of Canadians don't know that stroke is one of the major complications of diabetes | A 5% decrease in your weight can help lower the risk of Type 2 diabetes and improve heart health | An estimated 80% of cardiovascular disease , including heart disease and stroke, is preventable |
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Notes:

