

# KNOW DIABETES BY HEART™

## Managing Cardiovascular Risk in People Living With Diabetes

Shared Decision-making Discussion Guide and Approaches for Developing a Successful Treatment Plan

### Building a Successful Treatment Plan

A successful treatment plan is one that your patients will follow. This guide emphasizes developing a treatment plan with all patients with type 2 diabetes and their caregivers first to improve their chances of successfully starting and continuing guideline-directed management and therapy. During your discussion, include the patient's atherosclerotic cardiovascular disease (ASCVD) risk, lifestyle habits and modifications, the potential benefits of pharmacotherapy, and cost, and ask patients what treatment plan might work best for them. The figure below outlines a recommended approach based on recommended guidelines (Figure 1).

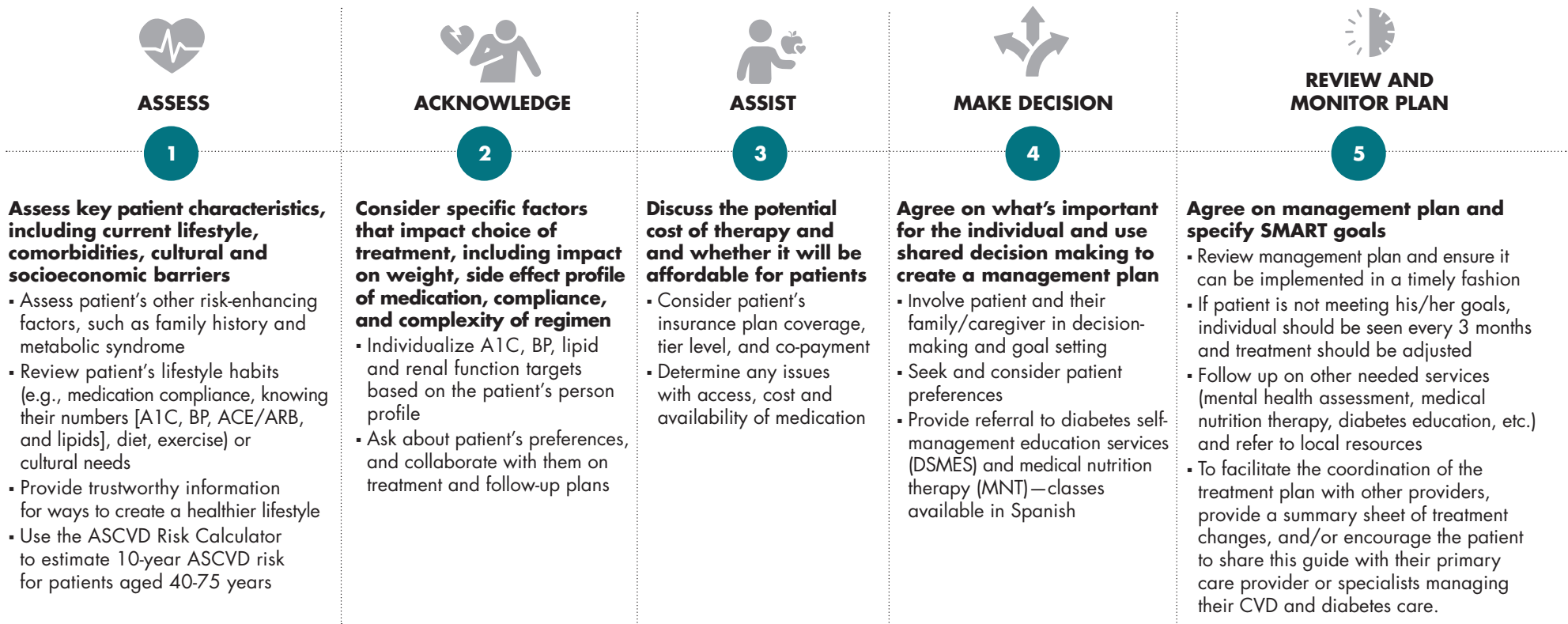


Figure 1. Assess and Discuss to Develop a Shared Treatment Plan



# Know Diabetes by Heart™



## Discussion Guide for Provider and Patient

### Working with Your Healthcare Provider

Your healthcare provider is here to help you reach your health goals to reduce your risk for cardiovascular disease. Work closely with your health care provider to make the best decisions for you, and then stick to the plan. Making decisions together is the best way to create a treatment plan that you'll follow. Take part in making decisions about your health together. If you don't understand something, ask for clarification.

#### Questions for my doctor:

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## Discussion Guide for Provider and Patient

Share this Discussion Guide with other health care providers who are managing your diabetes treatment plan.

Here's a helpful checklist that you and your healthcare provider should go through to determine your risk and the best treatment options for you.

### Assess Your Risk

Your provider has shared that your 10-year risk of having a heart attack or stroke is:

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#### Discuss lifestyle changes

(e.g., medication compliance, BP/cholesterol, diet, exercise) that you can work on.

### Medications

Certain medications might be helpful to reduce your risk for heart disease or stroke.

**Do you have difficulty taking your medications regularly?**  Yes  No

**Do you experience any side effects with current medications?**  Yes  No

**Are the cost of medicines going to be a concern?**  Yes  No

If yes, discuss potential out-of-pocket cost and medication assistance programs that may be available

**Notes:**.....

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### Goals I Need to Work Toward

Physical Activity:.....

Weight Loss:.....

Foods that I eat:.....

Quit Smoking: .....

Other: .....



## Discussion Guide for Provider and Patient (Continued)

### Follow Up Appointments

**Diabetes Education:** .....

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**Medical Nutrition Therapy:** .....

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**Other:** .....

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