

What medications should I be taking to reduce my risk of diabetes complications?

☐ I have problems with my circulation:

- ☐ I have had a heart attack, surgery or angioplasty for blocked heart blood vessels
- ☐ I have chest pain when I exercise (angina)
- ☐ I have leg pain when walking due to blocked blood vessels in my legs
- ☐ I have had surgery for blocked blood vessels (arteries) in my legs
- ☐ I have had a stroke or “mini-stroke” (also called a TIA)
- ☐ I have had surgery on a carotid artery for blockage

If you checked at least one of these circles, ask your health-care team about these medications:

- ASA (Aspirin). [Consider clopidogrel if ASA-intolerant.]
- Blood pressure pills (ACE inhibitors or ARBs)
- Cholesterol lowering medications (statins ± other lipid-management agents)
- GLP-1 RA and/or SGLT2i at doses with proven heart benefit, even if your A1C is at target (not approved by Health Canada in type 1 diabetes)

...and ALWAYS talk to your team about a healthy lifestyle that is right for you.

▼ If you did not select the box above, then go to the next section. ▼

☐ I have been told:

- ☐ I have protein in my urine (kidney disease)
- ☐ I have decreased kidney function (kidney disease)
- ☐ I have heart failure

‡Risk factors for heart disease or stroke:

- ☐ Central obesity
- ☐ Tobacco use
- ☐ High blood pressure (treated or untreated)
- ☐ High cholesterol (treated or untreated)

☐ I am 60 years old or older with 2 or more of these risk factors‡ for heart disease or stroke

If you checked at least one of these boxes, ask your health-care team about these medications:

- Blood pressure pills (ACE inhibitors or ARBs)
- Cholesterol lowering medications (statins)
- finerenone (if kidney disease without high potassium)
- SGLT2i and/or GLP-1 RA at doses with proven heart benefit, even if your A1C is at target (not approved by Health Canada in type 1 diabetes)

...and ALWAYS talk to your team about a healthy lifestyle that is right for you.

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☐ I have:

- ☐ Been told diabetes has affected the back of my eyes (retinopathy)
- ☐ Pain or numbness of my feet due to diabetes (neuropathy)
- ☐ Left ventricular hypertrophy

†Risk factors for heart disease or stroke:

- ☐ Tobacco use
- ☐ Hypertension
- ☐ TC > 5.2 mmol/L; HDL-C < 0.9 mmol/L
- ☐ Albuminuria

☐ I am 55 years old or older with 1 or more of these risk factors† for heart disease or stroke

If you checked at least one of these boxes, ask your health-care team about these medications:

- Blood pressure pills (ACE inhibitors or ARBs)
- Cholesterol lowering medications (statins)

... and ALWAYS talk to your team about a healthy lifestyle that is right for you.

▼ If you did not select the box above, then go to the next section. ▼

☐ I have Metabolic-dysfunction Associated Steatotic Liver Disease (MASLD) [formerly NAFLD or Fatty Liver Disease] and am an adult with type 2 diabetes

☐ I am 40 years old or older and living with diabetes

☐ I am over 30 years old and have lived with diabetes for more than 15 years

If you checked one of these boxes, ask your health-care team about:

- Cholesterol lowering medications (statins) ...and ALWAYS talk to your team about a healthy lifestyle that is right for you.

Work with your health-care team on your ABCDESSS to help you live well with diabetes.

diabetes.ca
1-800-BANTING (226-8464)
info@diabetes.ca

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CANADA