

# What medications should I be taking to protect myself from heart disease and stroke?

Select which box best describes you:

**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 :**

1. ASA (Aspirin)
2. Blood pressure pills (ACE inhibitors or ARBs)
3. Cholesterol lowering pills (statins)
4. Medications that lower blood sugar with proven heart benefit, if your A1C is not at target (for type 2 diabetes only)

...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 one or more of these problems from my diabetes:**

- I have been told that diabetes has affected the back of my eyes (retinopathy)
- I have been told there is protein in my urine (kidney disease)
- I have been told that I have decreased kidney function due to my diabetes (kidney disease)
- I have pain or numbness of my feet due to diabetes (neuropathy)

**OR**

**I am 55 years old or older and have another risk factor for heart disease or stroke**

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

1. Blood pressure pills (ACE inhibitors or ARBs)
2. Cholesterol lowering pills (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 am 40 years old or older and living with diabetes**

**OR**

**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:**

1. Cholesterol lowering pills (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.

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**DIABETES  
CANADA**