

CHECK YOUR... Heart Failure Risk

✓
**Discuss
with your
GP/
Diabetes
Team**



✓
**Know the
symptoms
of
Heart
Failure**

Diabetes
Ireland

WHY?

For people living with Type 1 and Type 2 diabetes, the prevalence of heart failure is 2- 4 times higher than in the general population. Diabetes is one of the primary causes of heart failure and people living with diabetes need to be mindful that heart failure can be a major complication of diabetes.

Every person living with diabetes should be aware of their heart failure risk level.

HOW?

Contact your GP or diabetes team who can check your risk level by doing a simple blood test, the **NTproBNP** which helps to recognise heart failure early and enable you to take positive action to reduce your risks.

ACT NOW

Discuss your risk level with your GP/Diabetes team and take a range of actions to help your heart remain as healthy as possible.

Knowing the symptoms and related diabetes risk factors of Heart Failure is important.

SYMPTOMS & RISK FACTORS

Symptoms of heart failure are:

- Coughing/wheezing
- Extreme tiredness or no energy
- Loss of appetite
- More frequent urination, especially at night
- Rapid heartbeat or palpitations
- Shortness of breath, even when lying down
- Swelling in the ankles/feet or stomach
- Weight gain over a short period (>2kg over 2 days)

Diabetes risk factors for heart failure are:

- Duration of diabetes
- High blood glucose levels
- High blood pressure
- High cholesterol
- High BMI
- Existing Renal disease
- Existing Heart disease

WAYS TO HELP REDUCE YOUR RISK OF HEART FAILURE

A healthy lifestyle is really important for managing diabetes and preventing/delaying the development of related complications such as heart failure.

Some simple ways to do this are:

- Try to keep blood glucose, blood pressure and cholesterol levels in the target range.
- Aim for a healthy weight and waistline.
- Include regular physical activity. Aim for 150 minutes weekly.
- Try Yoga or any type of exercise to help increase your strength and balance. Aim for twice weekly.
- Don't smoke.
- Alcohol in moderation.
- Try to get a good night's sleep.
- Reduce your stress levels.
- Have routine checks with your Diabetes team to monitor blood pressure, potassium levels, cholesterol, HbA1c, kidney function urine, and blood tests,
- **Know your results and discuss** these with your doctor or nurse.

HOW IS HEART FAILURE DIAGNOSED?

If you have any of the symptoms of heart failure you should visit your doctor immediately. If you are diagnosed with heart failure, several things can be done to help you manage the condition and live a healthier life. The diagnosis of heart failure is based on questions your doctor will ask you, a physical examination, and medical tests that your doctor may recommend for you.

USEFUL RESOURCES

**There is a lot of information and support to help you.
For more information visit www.diabetes.ie**



SUPPORTED BY AN EDUCATIONAL GRANT
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