



HOW SOME DIABETES MEDICATIONS CAN HELP PROTECT YOUR HEART AND KIDNEYS

WHY TODAY'S TREATMENTS CAN DO MORE THAN LOWER BLOOD SUGAR...

Living with type 2 diabetes means thinking about more than blood sugar numbers. Over time, diabetes can affect many parts of the body, especially the heart, blood vessels, and kidneys. That's why people with diabetes have a higher risk of heart disease, stroke, and kidney damage.

As cardiologist Dr. Elizabeth Ofili explains, people with type 2 diabetes are at significantly higher risk for heart disease and kidney problems. In fact, diabetes and high blood pressure are two of the leading causes of kidney failure.

For many years, diabetes treatment focused mainly on lowering blood sugar. Today, that approach has changed, and for good reason.

A NEW GENERATION OF DIABETES TREATMENTS

We now have newer medications that do more than help control blood sugar. Research shows that some treatments also help protect the heart and kidneys and reduce damage to blood vessels over time.

Dr. Ofili explains that these medications don't just work on glucose levels, they also help protect the blood vessels that supply the heart, brain, and kidneys. This protection can lower the risk of heart attacks and strokes and help slow the progression of kidney disease.

Cardiologist Dr. Luke Laffin sees these benefits in practice as well. He notes that several modern diabetes therapies have been shown to reduce the risk of heart attacks, strokes, and even the need for certain heart procedures.

WHY THIS MATTERS FOR YOU

If you live with diabetes, your heart and kidneys are working harder every day. Some newer diabetes medications can help manage blood sugar **and** offer added protection for these vital organs.

Depending on your individual health needs, these treatments may help:

- Lower the risk of heart attack and stroke
- Slow the progression of kidney disease
- Reduce the chance of needing heart procedures
- Protect blood vessels throughout the body

Not every medication is right for every person, but knowing these options exist is important.

TAKE ACTION: TALK WITH YOUR HEALTHCARE PROVIDER

Diabetes is a long-term condition, and your treatment plan should evolve over time. As Dr. Ofili encourages, asking your healthcare provider, "*Are the medications I'm taking still the right ones for me?*" is an important and appropriate question.

A simple conversation could help ensure your treatment plan is supporting not just your blood sugar, but your heart, kidneys, and long-term health as well.

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