Type 2 diabetes and **stroke**

Caregiver guide

Type 2 Diabetes and
Stroke

Is your loved one at risk?

People living with type 2 diabetes are 2 times more likely to develop and die from cardiovascular disease, or CVD, such as heart attacks and strokes, than people who do not have diabetes. They also tend to develop CVD at a younger age. This is because people living with type 2 diabetes might have other conditions that add to their risk for developing CVD, such as:

• High blood pressure

• High cholesterol or triglycerides

• Being overweight

• Not physically active

• Being a smoker

The good news is that taking steps to manage their diabetes may also lessen the chances of developing CVD or having a stroke.
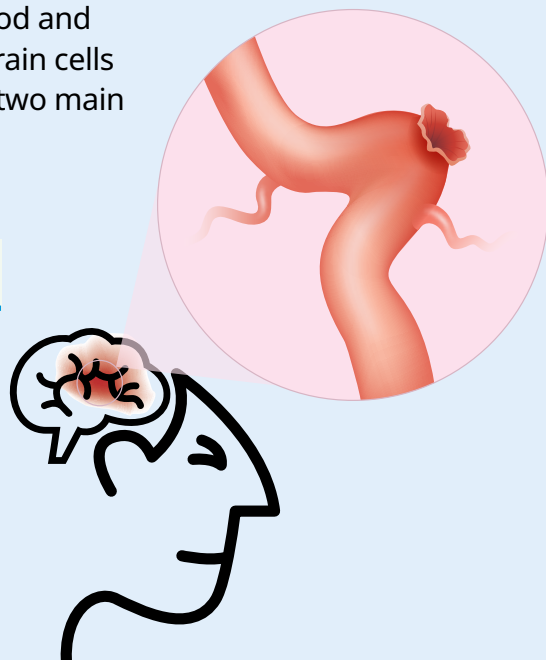
What is a stroke?

A stroke happens when one of the many blood vessels that supply your brain with oxygen becomes damaged or blocked. If the brain cannot get the blood and oxygen it needs, brain cells can die. There are two main types of stroke.

Hemorrhagic
(hem-ah-RAJ-ik)

This happens when a blood vessel in the brain leaks blood or ruptures *(breaks open)*.

## What are the warning signs for stroke?

Use the letters in **"F.A.S.T."** to help you quickly spot the signs of stroke.

F — **Face drooping**
Is one side of the face drooping or numb?

A — **Arm weakness**
Is one arm weak or numb?

S — **Speech**
Is speech slurred or hard to understand?

T — **Time to call 9-1-1,**
even if the symptoms go away.

Ischemic
(is-KE-mik)

This happens when a blood vessel that brings blood to the brain is blocked. A blood clot is often the cause.

A **transient ischemic attack**, also called a TIA or mini stroke, is when the blood flow is blocked only for a short time.
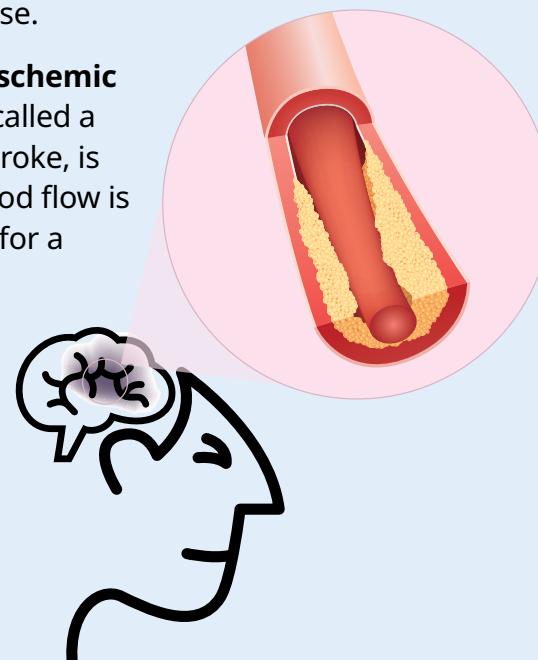
What are the effects of stroke?

The brain controls various body functions. If a stroke happens and blood can't get to a part of the brain that controls a specific body function, that part of the body won't work like it is supposed to.

A stroke can cause:

• Movement problems

• Pain

• Numbness

• Problems with thinking, remembering, or speaking

• Emotional problems, such as depression

The specific effects your loved one may face depends on the location of the brain affected by the stroke and how much brain tissue was damaged.

If you think that you or someone you know is having a stroke, call **9-1-1 right away.** It is important to treat a stroke as soon as possible to limit damage to the brain.

40 sec — **Someone in the United States has a stroke every 40 seconds.**

How do you care for someone after stroke?

Your role may vary depending on the needs of the stroke survivor living with diabetes. Their needs may change and you may have to learn a few new skills. Your loved one's health care team will work with him or her—and ideally with you as well—to make a plan for treatments to help prevent another stroke and exercises to restore function or help relearn skills.

You can also help with healthy choices that may prevent future problems, including another stroke:

- ✔ Keep blood glucose, blood pressure, and cholesterol on target
- ✔ Take prescribed medicines
- ✔ Maintain a heart-healthy diet
- ✔ Be physically active every day
- ✔ Stop smoking
- ✔ Maintain a healthy weight

Do you have questions?

You and your loved one can talk with the health care team to learn more about what you can do to help lower their risk for stroke. If you have questions about caring for someone after a stroke, write down your questions here for the next office visit.

Examples:

- **?** What is my risk for stroke?
- **?** Are there any medicines I can take to help lower my risk?
- **?** _____
- **?** _____
- **?** _____

What medicines are taken after stroke?

If your loved one had a stroke, they are at risk of having another one. Their treatment plan may include medicines to help lessen their chances.

Here are some reasons medicines are prescribed after stroke for people living with type 2 diabetes:

- Prevent blood clots
- Reduce blood pressure and cholesterol
- Manage type 2 diabetes
- Manage depression

Help your loved one keep track of their medicines by writing them down here.

Name: _____

Dose: _____

Why it is taken: _____

Name: _____

Dose: _____

Why it is taken: _____

Name: _____

Dose: _____

Why it is taken: _____

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