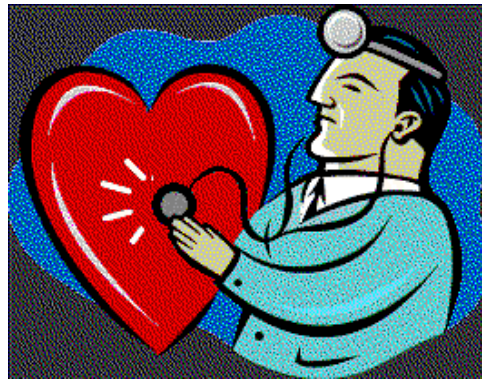


# Diabetes and a Healthy Heart

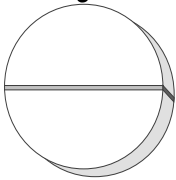


**EKG**  
(Electrocardiogram)  
e-**lec-tro-car-dee-o-**  
**gram**

Besides having your cholesterol and triglyceride checked, there is a test that can check how well your heart is working. This test is called an EKG, or electrocardiogram. An EKG should be done soon after you have been diagnosed with diabetes, and every 3 - 5 years after that.

Ask your provider if it is time for you to have an EKG done.

**Aspirin a  
Day?**



Did you know that an aspirin a day could be good for your heart? An aspirin helps prevent blood clots from forming in the blood vessels. In this way, aspirin can help prevent heart attacks. But an aspirin a day may not be needed by everyone, so ask your provider if this is something you need to take.

Remember to always ask questions. By asking questions, you become an important partner in your care.