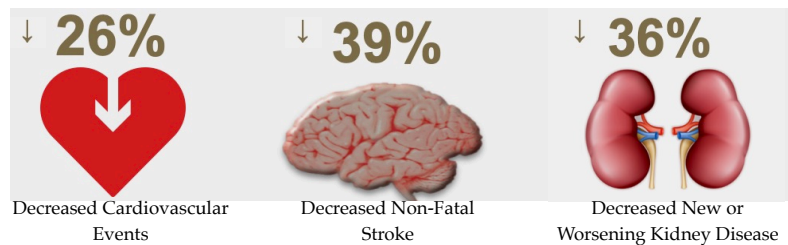

Heart Disease & Type 2 Diabetes: GLP1 Receptor Agonist - Ozempic (semaglutide)

Type 2 Diabetes is a progressive, life-long disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes - and the *body's blood sugar can get too high*.

High blood sugar levels can cause blindness, kidney problems, nerve damage, erectile dysfunction and can lead to cholesterol plaque build-up, which can result in heart attack, heart failure and stroke.

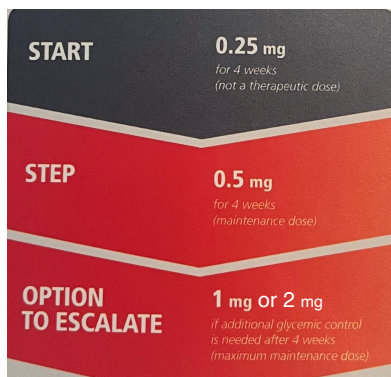
- You may develop heart disease **10-15 years earlier**, than those without diabetes
- **40% - 60%** of people with Type 2 Diabetes will die from heart disease

MEDICATIONS PLAY A KEY ROLE IN LOWERING YOUR RISKS FOR HEART DISEASE/STROKE, TOGETHER WITH LIFESTYLE CHANGES



A group of medications, called GLP1 Agonists - which includes **OZEMPIC (semaglutide)**, can be added to metformin or other medications to help you **DECREASE** heart disease risks.

OZEMPIC is injected under the skin (subcutaneously) into your stomach (abdomen), thigh, or upper arm ONCE A WEEK - IS NOT AN INSULIN



If you miss a dose: take the missed dose as soon as possible within 5 days - If more than 5 days have passed, skip the missed dose, and take your next dose on your regularly scheduled day

For Additional assistance with getting started scan this QR code or visit nnpatientconnect.ca



* Common side effect of OZEMPIC is **weightloss** and may also include nausea, diarrhea, vomiting, stomach (abdominal) pain, and constipation. If you experience nausea, here are some general nausea tips that you might find helpful:

- Eat bland, low-fat foods, like crackers, toast, and rice
- Eat foods that contain water, like soups and gelatin
- Avoid fried, greasy, or sweet foods
- Avoid lying down after you eat
- Go outdoors for fresh air
- Eat more slowly
- Drink clear or ice-cold drinks