



Check your Heart Failure Risk if you have Diabetes

What is Heart Failure?

Heart failure occurs when the heart is unable to pump blood effectively, which can lead to fluid buildup in the body and cause serious health complications. Early identification of risk can help guide early interventions to prevent or manage heart failure before any noticeable symptoms develop.

People with Diabetes have an increased risk of heart failure compared to people without the condition.

What is the Heart Failure Risk Test?

It is a blood test that helps to identify your current risk of developing heart failure.

How Does the Test Work?

The test measures a marker, called NT-proBNP, which is naturally present in your blood but increases when your heart is under stress or begins to fail. Your doctor or diabetes nurse will discuss the test with you, and the results will help assess your heart's health.

This test can be added to your routine check ups and does not require an additional blood sample.

What are the Benefits of Taking the Test?



Early Detection:

Identify your risk before symptoms appear.



Better Management:

Work with your doctor or diabetes nurse to review your diabetes treatments and manage your heart health.



Prevention:

Help prevent heart failure from developing or worsening.



What Do the Test Results Mean?

- ✓ **Low Risk:** If the test does not show an increased level of the marker in your blood, you are classified as low risk for heart failure.
- ⬆️ **High Risk:** If the test shows that your marker levels are raised, you are classified as high risk. This indicates that your heart is under strain. Your doctor or diabetes nurse may discuss options, including medications and lifestyle adjustments to prevent heart failure.

What Should You Do After the Test?



Talk to Your Doctor: Your doctor or diabetes nurse will discuss your results and help you understand what steps to take. Together, you can develop a personalized plan to reduce your risk.



Maintain Your Heart Health: Follow your prescribed treatment plan, keep your blood sugar levels in check and live a heart healthy lifestyle by eating a balanced diet and including exercise in your normal routine.

How Often Should I Take the Test?

Current recommendations are that people with Diabetes have the test yearly as your risk can change over time.

For More Information:

- about heart failure risk in diabetes



- about heart failure



Talk to your doctor today about whether the heart failure risk test is right for you

Thank you to the people with diabetes who contributed to this leaflet, sponsored by Roche Diagnostics



References: 1. American Diabetes Association Professional Practice Committee. 10. Cardiovascular disease and risk management: Standards of Care in Diabetes—2025. *Diabetes Care* 2025;48(Suppl. 1): S207–S238. 2. Pop-Busui R, Januzzi JL, Bruemmer D, et al. Heart Failure: an underappreciated complication of diabetes. A consensus report of the American Diabetes Association. *Diabetes Care* 2022;45: 1670–1690.

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