

QUESTIONS TO ASK YOUR DOCTOR

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me, and what do I need to do about it?
3. What are my cholesterol numbers? (These include total cholesterol, LDL or "bad" cholesterol, HDL or "good" cholesterol, and triglycerides.) What do they mean for me, and what do I need to do about them?
4. What is my "body mass index" and waist measurement? Do they indicate that I need to lose weight for my health?
5. What is my blood sugar level, and does it mean I'm at risk for diabetes?
6. What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What is a heart-healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
10. How can I tell if I'm having a heart attack?

Are You At An Increased Risk Of Having a Heart Attack?

	Yes	No	Don't Know
Do you smoke?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is your blood pressure 140/90 mm Hg or higher, OR you have been told by your doctor that your blood pressure is too high?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Has your doctor told you that your total cholesterol level is 200 mg/dL or higher or your HDL (good cholesterol) is less than 40mg/dL?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Has your father or brother had a heart attack before age 55 OR your mother or sister had one before age 65?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have diabetes OR a fasting blood sugar of 126mg/dL or higher, OR do you need medicine to control your blood sugar?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you a man over 45 years of age?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you a woman over 55 years old?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have a <u>body mass index (BMI)</u> score of 25 or more?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you get less than a total of 30 minutes of physical activity on most days?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Has a doctor told you that you have angina (chest pains), or have you had a heart attack?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you answered "yes" to any of these boxes, you're at an increased risk of having a heart attack. If you don't know your blood pressure or cholesterol, check with your health care provider.