



## Talking to Your Doctor About Heart Health

More women die of heart disease every year than cancer and all other causes put together. The best way to prevent heart disease is to understand your risk factors, take steps to reduce your risk, and recognize the signs of a heart attack.

Use this list of questions to get talk to your doctor about heart disease.

### 10 Questions to Ask\*

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 (including 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? Is my BMI in the “normal” range? Do I need to lose weight for my health?
5. What is my blood sugar level? Am I 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 I do to 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?

*\*Courtesy of the U.S. Centers for Disease Control and Prevention*