



Get Heart Healthy Questions to Ask Your Doctor

Overall Risk Factors

What are the results of my screening tests?

RISK FACTOR	MY RESULT
Blood Glucose	
Blood Pressure	
Cholesterol Total LDL HDL Triglycerides	
Obesity Screening BMI Waist Circumference	
Smoking	
Family History	
Age	

What is my overall risk of heart disease? Can we review my risk factors?

How often should I return for checkups for my heart health?

What type of plan should I follow to protect my heart?



Blood Pressure

What does my blood pressure mean for me?

If I need medication, what do I need to know about side effects and interactions with other medications or supplements?

Do I need to restrict the salt in my diet?

Do you have a suggested diet plan?

What else should I do to lower my blood pressure?

When should I get my blood pressure tested again?

Cholesterol

What do my cholesterol numbers mean for me? Are they all a problem?

What foods should I avoid to lower my cholesterol?

What else can I do to lower my cholesterol?

If I need medication, what do I need to know about side effects and interactions with other medications or supplements?



When and how often should I have my cholesterol and triglycerides checked from now on?

Diabetes

What does my blood glucose level mean for me? Am I at risk for diabetes?

What type of diabetes do I have?

What can I do to control my diabetes or to prevent it from getting worse (if pre-diabetes?)

If I need medication, what do I need to know about side effects, how to take it and interactions with other medications or supplements?

What activities can I do?

How frequently do I need to test my blood glucose level?

Obesity

Do I need to lose weight?

What is my ideal weight for my body?

How many calories do you suggest I eat each day?

What type of diet plan do you suggest I follow?



**How much weight should I plan to lose each week?
What type of exercise can I do safely?**

Smoking

What can I do to quit smoking?

Is there a specific plan that will work better for me?

If I use the patch or other products to keep me from smoking, is there anything that I need to know about the possible side effects or interactions with food or medications?

Activity

How much exercise should I do to protect my heart?

Should I get a stress test before I begin exercising?

What exercise would be best for me?