



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? What do I need to do about it?
3. What are my cholesterol numbers – total cholesterol, LDL (“bad”) cholesterol, HDL (“good”) cholesterol and triglycerides? What do they mean for me? What do I need to do about them?
4. What is my body mass index (BMI)? What is my waist circumference measurement? Do they mean 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 or diagnostic tests for heart disease do I need? How often should I return for checkups for heart health?
7. How can you 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 dietician or a qualified nutritionist to learn more about a heart-healthy eating plan?
10. How can I tell if I am having a heart attack?

Adapted from *The Heart Truth for Women Speakers Guide*, U.S. Department of Health and Human Services (HHS), National Institutes of Health (NIH), National Heart, Lung and Blood Institute (NHLBI), Revised October 2010.

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