



womenshealth.gov

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Questions to Ask Your Doctor or Nurse

PRINT AND GO GUIDE

Find out the answers to these key questions about your risk for heart disease and stroke. Become a partner with your health care provider and take charge of your heart and blood vessel health.

1. What is my risk for heart disease and stroke? _____

2. What screening or diagnostic tests for heart disease do I need and when? _____

3. What are my numbers and what do they mean?
 - Blood pressure _____
 - Cholesterol-total cholesterol, LDL ("bad") cholesterol, HDL ("good") cholesterol, and triglycerides _____
 - Body mass index and waist circumference measurement _____
 - Blood sugar level (could indicate risk for diabetes) _____
4. What can you do to help me quit smoking? _____

5. How much physical activity do I need to help protect my heart and blood vessels? _____

6. What is a heart-healthy eating plan for me? _____

Additional Notes: _____

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