



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? \_\_\_\_\_  
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Additional Notes: \_\_\_\_\_  
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