

## 8 Questions Any Woman Should Ask Her Doctor

Too many women are unaware that heart disease is their biggest health threat. Heart disease behaves differently in women than in men — from risk factors to symptoms, and from diagnosis to treatment and outcomes. Prevention is the single most important treatment for women. Heart disease prevention works best when it is a shared responsibility between you and your doctor.

Use these questions to help guide a discussion about heart disease prevention at your next doctor's visit. Record your numbers and any tips or advice your doctor suggests. Then follow your individual heart-healthy plan to start living red and living well.

1. What is my risk for heart disease? \_\_\_\_\_  
\_\_\_\_\_

2. What screening or diagnostic tests for heart disease do I need? \_\_\_\_\_  
\_\_\_\_\_

How often do I need these screenings? \_\_\_\_\_

3. What are my numbers and what do they mean?

a. Blood Pressure \_\_\_\_\_

b. Total Cholesterol \_\_\_\_\_

LDL ("bad") cholesterol \_\_\_\_\_

HDL ("good") cholesterol \_\_\_\_\_

Triglycerides \_\_\_\_\_

c. Body mass index and waist circumference \_\_\_\_\_  
\_\_\_\_\_

d. Blood sugar level \_\_\_\_\_

4. What can you do to help me quit smoking? \_\_\_\_\_  
\_\_\_\_\_

5. How much physical activity do I need to help protect my heart? \_\_\_\_\_  
\_\_\_\_\_

6. Should I take aspirin to help prevent a heart attack? \_\_\_\_\_

If so, how much and how often? \_\_\_\_\_

7. What is a heart-healthy eating plan for me? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. I've heard the warning signs of a heart attack can be different in women. What should I look for? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If I think I'm having one, what should I do? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Source: American Heart Association