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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