



Questions You Can Ask Your Doctor About Heart Disease and Stroke

Women can take charge of their health by making positive lifestyle changes to reduce their risk of heart disease and stroke. Talk to your doctor to find out how you can live a stronger, healthier life. Here are some questions you can ask:

Cholesterol

What is cholesterol and how may it affect my health?

What is a healthy cholesterol level and how can I reach or maintain a healthy level?

What is my HDL (“good”) level, my LDL (“bad”) level and my total cholesterol level?

What is my triglyceride level?

How often should I have my cholesterol checked?

High Blood Pressure

What is high blood pressure and how may it affect my health?

What is a healthy blood pressure and how can I reach and maintain a healthy level?

What is my blood pressure?

How often should I have my blood pressure checked?

Obesity

What is Body Mass Index (BMI) and what range is healthy for me?

At what weight would I be considered overweight?

How can I reach or maintain a healthy weight?

Smoking

How does smoking affect my heart health?

How can I quit smoking?

How can I avoid possible weight gain after I quit smoking?

Diabetes

What is diabetes and how may it affect my heart health?

What are the risk factors for diabetes?

Diabetes runs in my family. How can I prevent it?

I have diabetes. How can I control it?

Physical Activity

How much physical activity should I engage in?

What can I do to increase my physical activity levels?

Family History

How does my family history of heart disease and stroke put me at increased risk for these diseases?

Heart Attack and Stroke

What is a heart attack?

What is a stroke?

What are my risk factors for heart attack and stroke?

How would I know if I am having a heart attack or stroke?

What should I do if I think I'm having a heart attack or stroke?