

Questions To Ask Your Doctor

- What is my risk for heart disease?
- What are my blood pressure, cholesterol (total, LDL, HDL, and triglycerides), body mass index, and blood glucose numbers and what do they mean?
- What other screening tests for heart disease do I need?
- What can you do to help me quit smoking?
- How can I tell if I may be having a heart attack?



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Heart Disease Risk Factors High blood pressure

- High blood cholesterol
- Diabetes
- Smoking
- Being overweight
- Being physically inactive
- Having a family history of early heart disease
- Age (55 or older for women)