

QUESTIONS TO ASK ABOUT HEART DISEASE



PREVENTING AND MANAGING HEART DISEASE WITH YOUR PROVIDER

Cardiovascular disease is also called heart disease. Heart disease causes 1 in 3 deaths in the United States but steps can be taken with your provider to minimize your risk for the disease.

Going to your provider for regular check-ups keeps an eye on your health and provides the perfect way to learn more about heart disease and what you can do to live a long and healthy life.

Have questions in mind before going to see your provider. Ask about your risk and your children's risk for heart disease and ways to manage it.

Questions to ask your provider include:

- What is my risk for the disease and what tests have or can be done to determine this risk?
- Does my risk increase if other family members have it?

Other things to ask about include:

- How often you should work out
- How to eat healthier
- Can diabetes or high cholesterol increase the risk of the disease?
- If you're a smoker, ask your doctor about how to quit.

SPEAKING TO A CARDIOLOGIST:

A cardiologist is a doctor that specializes in the heart. Don't be afraid to ask:

- Why you were referred and what your test results mean
- What you can do to lower your risk of heart disease
- What the next steps should be for you

If you are diagnosed with heart disease, make sure to ask your provider about your medication and the condition of your health. Find out if your heart is stable or getting worse and the effect medication will have on the health of your heart and body.

CARING FOR A CHILD WITH HEART DISEASE

If your child has heart disease it is important to make sure you take the right steps to create a plan to keep their heart healthy. Here are some questions to ask:

- What are symptoms of heart disease?
- What should I look for to keep my child healthy?
- What activities can my child participate in?
- Should other family members be checked for this disease?
- Where can I find more info about this disease?

Sources: www.heart.org, www.secondcount.org

