

Heart Disease Topics to Discuss with Your Doctor

Symptoms

- What are the warning signs of heart and blood disease?
- Am I at risk for serious complications of cardiovascular disease (CVD), such as heart attack or stroke?
- List your current symptoms and the date you first noticed them:

Diagnosis/Health Status

- What is my diagnosis?
- What is the prognosis?
- How do other conditions (diabetes, arrhythmia, heart attack, heart failure, stroke, high cholesterol, high blood pressure, angina, etc.) affect my heart health?
- Does my family history put me at greater risk for heart attack or stroke?
- What do the results of my EKG mean?
- What do the results of my blood test(s) indicate? What should my values be?

Diet

- What foods should I include in my diet?
- What foods should I avoid?
- Do I need to lose weight? How much?
- What are reasonable weekly weight loss goals for me?
- Should I reduce my intake of any of the following?
 - Total fat, saturated fat, and/or cholesterol
 - Calories
 - Sodium
- Do you recommend I consult a dietician or nutritionist?

Exercise

- Is it safe for me to exercise?
- What kinds of activities do you recommend?
- Are there any activities I should avoid?
- How often should I exercise? For how long?
- Do you recommend a medically supervised exercise program for me?

Monitoring/Follow-Up

- How often should I come to your office for checkups?
- Should I monitor my blood pressure at home? What monitor do you recommend?
- What are the most important things I can do to manage my condition?
- Do you recommend I see a specialist (cardiologist, psychiatrist, exercise trainer, etc.)?
- How often should I undergo repeat testing?
- List any additional recommend testing:

NOTES: