EMORY
WOMEN'S HEART
CENTER

10 Questions You Should Ask Your Physician About Heart Disease

Heart disease is the leading cause of death among American women, but you can help prevent it if you start to protect your heart today! Take action to prevent heart disease by making healthy changes to your daily habits, learning about your personal risk factors and taking needed medication as prescribed.

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- How can I evaluate my risk for heart disease?
- What is my blood pressure? What does this number mean for me and what do I need to do about it?
- What are my cholesterol numbers? What do my cholesterol numbers mean for me and what do I need to do about them?
- What are my body mass index (BMI) and waist measurements? Do they mean that I need to lose weight for my health?
- What is my blood sugar level, and does it mean I am at risk for diabetes? If so, what do I need to do about it?
- What other screening tests for heart disease do I need?
- What can you do to help me quit smoking?
- How much physical activity do you recommend to protect my heart?
- How can I develop a heart healthy eating plan?
- What signs should I look for that signal a heart attack?
- If I think I am having a heart attack, what am I supposed to do?

**Adapted from the National Institute of Health's – Learn About Your Body in 52 Weeks*