

Questions to Ask Your Doctor About Cardiovascular Disease

If you see your physician regularly for check-ups, congratulations on taking an important step toward good health!

Or maybe you are the type who waits until something goes wrong to see a doctor. If so, make today the day you call your doctor to make an appointment for a check-up. After all, cardiovascular disease is the leading cause of death in the United States and it affects **all Americans**.

When you talk with your physician, **be sure to ask about cardiovascular disease**, and encourage the people you love to do so as well.

You may not know which questions to ask, but finding out may help you and your family live longer, healthier lives. So, start with the following lists of questions as you plan for your appointment. They can help you talk with your primary care physician and cardiologist about:

- your **individual risk** for cardiovascular disease,
- how to **manage existing cardiovascular disease**, and
- concerns about your **child's heart disease**.

The following sets of questions are included below:

Questions to Ask Your Primary Care Physician About Cardiovascular Disease

Questions to Ask Your Cardiologist About Cardiovascular Disease to Assess Your Risk

Questions to Ask Your Cardiologist About Cardiovascular Disease If You Have Been Diagnosed with Cardiovascular Disease

Questions to Ask Your Primary Care Physician or Cardiologist About Your Child and Heart Disease

Questions to Ask Your Primary Care Physician About Cardiovascular Disease

What is my **overall risk** for having cardiovascular disease? Do I already have it?

What **risk factors** do I have for cardiovascular disease? (For example, do I have high blood pressure, high cholesterol, or diabetes?)

A family member has heart disease. Am I at risk as well?

What **tests** have we done to assess my risk for heart disease?

What can I do to help me remember to take my **medications**?

How much **physical activity** should I get, and what are some tips for doing it consistently?

How can I change my **diet** to make it more heart healthy?

What is my **body mass index** (BMI)? What does that mean?



Questions to Ask Your Cardiologist About Cardiovascular Disease

Why did my primary care physician refer me to a cardiologist?

How abnormal was the **test** (blood test, electrocardiogram, echocardiogram, stress test) that caused my primary care physician to refer me to a cardiologist?

What will my primary care doctor manage, and what will you help me with?

What can I do now to lower my **risk** of cardiovascular disease?

What is the **next step** to keep my heart healthy

**Questions to Ask Your Cardiologist About Cardiovascular Disease
If You Have been Diagnosed with Cardiovascular Disease**

What **symptoms** should I be on the lookout for with my type of cardiovascular disease?

Will my cardiovascular condition get worse, or is it stable?

Are my **medications** improving my heart health? How do you check progress from the medications?

Which **medications** will I take life-long, and which ones may eventually be unnecessary?

Are there **medications** that I should avoid?

Do I need **antibiotics** before going to the dentist?

If I have a heart problem, should other **family members** be checked as well?

How will my heart problem affect **my job**?

If I am **traveling** and something happens, what do I do? Do I need to go to a special kind of hospital?

Am I making the right **lifestyle changes** for heart health?

What **activities** can I do, and which should I avoid?

How much **physical activity** or exertion is safe for me?

Is **sexual activity** okay?

Where can I find out **more information** about my form of cardiovascular disease?

**Questions to Ask Your Primary Care Physician or Cardiologist
About Your Child and Heart Disease**

I (or a family member) have heart disease. Is my child **at risk** as well?

My child has heart disease. Should **other family members** be checked?

If I have **risk factors** for cardiovascular disease such as obesity, high blood pressure and high cholesterol, should I have my children checked as well? If so, when?

How much **physical activity** should my child get?

Should my child have his or her heart checked before **participating in sports**?

Are there any **immunizations** that my child with heart disease should avoid?

When my child with heart disease gets older, which doctor should be following him or her for follow-up care?