

5 QUESTIONS



What to ask your physician about heart disease:

1. Can this be managed without medication? What treatments do I need? What are the side effects of medications?
2. Do I need to change my lifestyle, diet, or exercise? Are there foods or activities I need to avoid?
3. How important is weight control? Do I need to lose weight?
4. Do I need to manage my stress? What can help me feel less worried?
5. How often do I need to come in for an office visit? Do I need to be monitoring my blood pressure myself? How often should I get my cholesterol checked?

**If your symptoms worsen quickly, seek immediate medical attention.
In the case of a cardiac event, fast action can help save lives.**