



Questions to Start Your Heart to Heart

What exactly does the phrase “risk factors for heart disease” mean?

What is my blood pressure?

Is that considered high?

How can it be lowered if it is too high?

How does blood pressure affect my heart?

What are my cholesterol and triglyceride levels?

Why do these levels matter to the health of my heart?

What is cholesterol and where does it come from?

Why are LDL levels labeled “bad” and HDL labeled “good”?

How do I change my levels if they are a risk for heart disease?

What is my blood sugar level?

Am I at risk for diabetes?

How can diabetes affect the health of my heart?

How often should I return for checkups to see if my heart is healthy?

Can you help me quit smoking?

How much physical activity should I be getting?

Do I need to be on a “heart-healthy” diet?

Are there specific foods that are better or worse for me?

Can I drink alcohol?

What is my Body Mass Index (BMI)?

What does this mean?

Am I considered overweight?

How can I tell if I am having a heart attack?

If I have heart disease in my family, am I guaranteed to have it myself?

Are there any medications, prescription or over-the-counter, that I should or should not take to keep my heart healthy?

Here are the medications I am currently taking.