

# MY Heart IN MY Hands

## Questions to ask your Doctor

Taking your heart health into your own hands means taking the time to understand your own body and your own risk factors. It means working with your doctor and getting the answers that you need in order to better understand your heart health. Below are 10 questions that you may wish to ask your doctor at your next appointment.

1. What is my risk for heart disease and stroke?
2. What is my blood pressure and what can I do about it?
3. What are my cholesterol numbers and what can I do about them?
4. What is my body mass index (BMI)? What is my waist circumference? What do these numbers mean for me?
5. What is my blood sugar level? What can I do about it?
6. Do I need any tests for heart disease or stroke, i.e. stress test, ECG?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect me against cardiovascular disease?
9. What is a heart healthy nutrition plan for me? Do you recommend that I see a dietician?
10. How often should I be seeing you for checkups?



[heartandstroke.ca/myheartinmyhands](http://heartandstroke.ca/myheartinmyhands)

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