

# HER HEALTH FIRST HEART HEALTH DOCTOR DISCUSSION GUIDE



The leading cause of death globally, heart disease remains under detected and under treated in women. It is important to talk to your doctor about heart health and address your risks for conditions such as cardiovascular disease (CVD).

## QUESTIONS TO ASK YOUR DOCTOR:

1. What are the risk factors for CVD?
2. What role does cholesterol and blood pressure play toward increasing my risk of CVD?
3. Am I experiencing a heart symptom due to my age, gender, or weight?
4. Do any of my prescribed medications put me at greater risk for CVD?
5. What can I do to keep my heart healthy?
6. How does my family history affect my heart health?
7. Should I change my diet or lifestyle to reduce my risk of CVD?
8. Are my eating habits causing my heart symptoms?

## NOTES

SYMPTOMS	RISKS	MANAGEMENT OPTIONS	GENERAL NOTES