

**Questions to Ask to Help Manage or Prevent Heart Disease**

*Talk to your doctor or health care team member*

- Have I had my yearly flu shot?
- I'm over 40. Should I complete a heart disease risk assessment?
- Have I been vaccinated against pneumonia?
- What is my blood pressure today? Is it within a healthy range or is it high?
- What can I do to control my blood pressure?
- Have I had my yearly LDL cholesterol test? Do we need to talk about "lipid lowering therapy"?
- What are the warning signs for heart attack or stroke?
- I still smoke. Can you help me find a way to quit?
- What is my ideal weight? What can I do to reach this goal?
- How much should I be exercising? Can you help me put together an exercise plan?

**Tips for a Healthy Heart**

- Your blood pressure ideally should be lower than "120 over 80" (120/80 mm Hg).
- Your total cholesterol should be lower than 200 (200 mg/dl).
- Your HDL (good) cholesterol should be more than 40 (40 mg/dl) for men and more than 50 (50 mg/dl) for women.
- Your LDL (bad) cholesterol goals will vary, so check with your doctor to see what yours should be. Less than 100 (100 mg/dl) is ideal for most people.

**Please discuss any concerns you might have with your doctor or health care team member.**