



Women & Heart Disease: Questions to Ask

Talk with your health care team beyond the traditional cardiovascular risk factors. You should take stock of your risk of heart disease at every age, and especially around the time of menopause. Here are some questions you can ask your health care provider:

- What is my risk for heart disease? (Your provider can use a formula to assess your chance of developing heart disease.)
- What are my blood pressure and cholesterol numbers? Have they changed over time? What do they mean for my heart health?
- Do I need to lose weight?
- Am I at risk for diabetes?
- What tests are best for detecting blockages in women? To what extent are my arteries blocked or narrowed?
- What treatments would you recommend for me?
- Will I need a procedure or surgery to address my coronary artery blockages?
- How often should I have an assessment of my risk of CAD or related issues?
- How will we know if my condition is getting worse or progressing?
- How much exercise should I get each week to protect my heart?
- What is a heart-healthy eating plan for me?
- What symptoms should I pay attention to and report?
- How can I tell if I'm having a heart attack or chest pain (angina)?
- What are the best medications for reducing my risk of heart disease?
- Are there any supplements I should be taking to reduce my risk of heart disease?
- Should I take an aspirin to lower my risk for heart disease or stroke?
- Will I need to take the medicine I was given after my heart attack for the rest of my life?

For more information about women and heart disease, visit CardioSmart.org/WomenHeartDisease.