



Nine questions to ask your doctor.

- 1) What are my risk factors for heart disease, and what can I do to lower my risk?
- 2) What are the warning signs of heart disease or heart attack?
- 3) What should I know about the effects of menopause on my health?
- 4) What is my blood pressure, cholesterol, and body mass index (BMI)?
- 5) If I smoke, what is the best way for me to quit smoking?
- 6) Are my risk factors for heart disease the same or different for stroke?
- 7) What is the latest on aspirin therapy for heart attack prevention and treatment?
- 8) If I experience chest pain, what is your overall plan for evaluation?
- 9) If I experience symptoms of a heart attack, what should I do and can my local hospital meet my needs?

