

CARDIOVASCULAR DISEASE: How to Talk to Your Healthcare Professional



Protect your future, and the ones you love, by continuing a conversation with your healthcare professional about cardiovascular disease and asking questions. Delaying a conversation about your blood pressure and cholesterol is easy. But facing the consequences—such as heart attack or stroke—isn't.

TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE PROFESSIONAL

To get the most out of your medical visit, remember to communicate early, often, and honestly. Here are a few communication tips for speaking with your healthcare professional.



GIVE INFORMATION

Don't wait to be asked. You are the owner of your health history. Tell your healthcare professional about your health, including a list of medications that you take.

GET INFORMATION

Ask questions of your healthcare professional when at the office, and ask for information to take home with you. Remember to write a list of your questions and use it to jog your memory during your visit.

BE HONEST

Honesty is always the best policy. Communicate honestly with your healthcare provider in order to receive the best care possible.

FOLLOW-UP

After you leave the office, call if you have questions. Always remember to make a follow-up appointment if your healthcare professional recommends one.

STRONG MEN PROTECT THEIR FUTURE AND THE ONES THEY LOVE.

Talk to your healthcare provider about cardiovascular disease or visit millionhearts.hhs.gov for more information.

KEY QUESTIONS TO ASK YOUR HEALTHCARE PROFESSIONAL

If you've been diagnosed with risk factors for heart disease and stroke—such as high blood pressure or high cholesterol—consider asking your healthcare professional these questions during your next office visit.

ABOUT BLOOD PRESSURE

What Do I Need to Know?

- What is my blood pressure and what do the numbers mean?
- What should my blood pressure be?
- How often should my blood pressure be checked?
- What may be causing my high blood pressure?
- What are the symptoms of high blood pressure?
- Why is smoking bad for my high blood pressure?

How Can I Protect My Future?

- Why is managing my blood pressure important?
- Is there a healthy eating or exercise plan that I should follow to help lower my blood pressure?
- What else can I do to help lower my blood pressure?
- Should I monitor my blood pressure at home?
- How do I discuss my condition with my family?

ABOUT CHOLESTEROL

What Do I Need to Know?

- What is my cholesterol and what do the numbers mean?
- Can you explain good cholesterol versus bad cholesterol?
- What may be causing my high cholesterol?
- How often should my cholesterol be checked?
- What are the symptoms of high cholesterol?
- How do diet and exercise impact my cholesterol?
- How does smoking contribute to high cholesterol?

How Can I Protect My Future?

- Why is managing my cholesterol important?
- Is there a healthy eating or exercise plan that I should follow to help lower my cholesterol?
- What else can I do to help lower my cholesterol?
- How do I discuss my condition with my family?

ABOUT MANAGING MEDICATIONS

What Do I Need to Know?

- What are my options to control high blood pressure, high cholesterol?
- Do I need to take medication?
- How long should I stay on my medication?
- What are the possible side effects of taking medication?
- Do I have to take my medication every day or is it OK to skip some days?

How Can I Protect My Future?

- Why is taking medication important?
- I take [insert name of medication]. Is it OK to take blood pressure or cholesterol medication as well?
- How long until I know if the medication is working and how long should I take it?
- Are generic medications as good as brand name drugs? Is it safe to buy my medications through the mail?

