

Questions you can ask your doctor

Family history

- Does my family history put me at increased risk of heart disease?

Blood pressure

- What should my blood pressure be?
- How often should I have my blood pressure checked?
- How can I lower my blood pressure?

Blood cholesterol

- What is blood cholesterol?
- Am I due for a blood cholesterol test?
- What do my blood cholesterol numbers mean?
- What should my blood cholesterol goal be?
- What can I do to reduce my total blood cholesterol level?

Lifestyle

- What lifestyle changes can I make to help manage my blood pressure or blood cholesterol levels?
- What should I be eating to reduce my risk factors?
- What types of physical activity can I do?
- How much physical activity should I be doing?
- What can I do to achieve or maintain a healthy weight?
- What can I do to stop smoking?

Medicines

- Will I need to take medicines to manage my blood pressure or blood cholesterol levels?
- If yes, what medicines do I need and what do they do?
- Are there any side effects I need to be aware of?
- For how long do I need to take medicine?
- How should I take my medicines (e.g. once a day with food, or twice a day 30 minutes before meals)?
- Can you give me a Consumer Medicine Information leaflet for my medicine?

Tests

- Why do I need this test?
- How is it done?
- Will it hurt?
- What are the benefits and risks of the test?
- When will I get the results?
- Will I need to stay in hospital?

Referrals

- Do I need to see another health professional, such as a dietician, physical activity professional or cardiologist?