Talk With Your Doctor About Your Heart!
Use these tips to get ready for your next doctor visit.

- Write down your questions. Your doctor is there to help you. Don’t be afraid to ask questions.
- Bring all your medicines and a list of your medicines to each visit. Make sure you write down how much of each medicine you take and how often you take it. Keep your list in your purse or wallet at all times.
- Ask for health education materials. Health education materials tell you what you need to know about your medical condition.
- Stay active! Join your local community center. Ask your doctor what’s right for you.
- Call your doctor if you have questions. If you get home and have more questions, call your doctor’s office and ask to speak to someone who can help.

See the back for sample questions to ask your doctor.
Sample Questions to ask your Doctor

- What is high blood pressure or high cholesterol?
- How can I control my blood pressure or cholesterol?
- What caused high blood pressure? Is there a cure?
- When do I take my medicines?
- Do I need to have the flu shot?
- Do I need to have the pneumonia shot?
- How do I take my blood pressure at home?
- Do the medicines have side effects? What are they?
- Do you have health education materials about high blood pressure and cholesterol?
- When is my next visit?

What do I want to ask my doctor?

Write your questions below and take this with you to the doctor.

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________
5. ______________________________________________________________