

Talking Heart Health:

Initiating The Conversation About
Heart Disease Risk Factors



WOMENHEART

Engaging in a conversation with your healthcare provider about the risk factors that can affect your heart health will help you become better informed and more prepared to take charge of your cardiovascular health.

The questions below can help you engage in a productive conversation with your healthcare provider.

About Your Risk Factors

- Based on my personal and family health history, am I at risk for cardiovascular disease?
- What specific factors contribute to my risk level (e.g., cholesterol, blood pressure, previous diagnoses, lifestyle)?
- Are there any female-specific risk factors that we should consider?
- Are there any symptoms or changes I should watch for that might indicate heart problems?

Management and Prevention:

- What lifestyle changes (e.g., diet, exercise) would have the biggest impact on lowering my risk?
- Are there medications or treatments I should consider to manage my risk factors?
- What is a realistic goal for my blood pressure, cholesterol, or blood sugar?

Monitoring Risk Factors:

- How often should I have my cholesterol, blood pressure, or blood sugar checked?
- Should I monitor any of these at home? If so, how should I record and share this information with you?
- Are there other risk factors we should monitor that might impact my heart disease risk in the future?

Caring for Your Health

- What tools or resources can help me track and manage my heart health (e.g., apps, blood pressure monitors)?
- Are there specific strategies that can support lifestyle changes for heart health?

This resource was sponsored by Bayer® Aspirin

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