



Questions to ask your GP

Please use this form to ask questions about your heart health or to record any information given to you by your GP. Print off a copy and take it with you to your next appointment to fill in.

If you would like to discuss any of this further please contact our Health Information Service (for the cost of a local call) on 1300 36 27 87 or email health@heartfoundation.org.au

Family history

Does my family history put me at greater risk?	<input type="checkbox"/> Yes <input type="checkbox"/> No
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Risk of heart disease

Does my age put me at greater risk?	
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Blood pressure

What is my blood pressure? What should my blood pressure be?	Current: ____ / ____ Ideal: ____ / ____
What do my blood pressure numbers mean?	
How often should I have my blood pressure checked?	
How can I lower my blood pressure?	



Cholesterol

Am I due for a cholesterol test?	<input type="checkbox"/> Yes <input type="checkbox"/> No
What is my cholesterol?	TC / LDL / HDL: ____ / ____ / ____
What do my cholesterol numbers mean?	
What should my cholesterol goal be?	TC / LDL / HDL: ____ / ____ / ____
What can I do to reduce my cholesterol?	

Lifestyle

What lifestyle changes can I make to help manage my blood pressure or cholesterol levels?	
What healthy eating patterns can help with my risk factors?	
What types of physical activity can I do?	
How much physical activity should I be doing?	
What is my ideal healthy weight?	____ kgs
What can I do to stop smoking (if applicable)?	

Tests (if appropriate)

Why do I need this test?	
How is it done?	
Will it hurt?	
What are the benefits and risks?	
When will I get the results?	
Will I need to stay in hospital?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Medicines (if appropriate)

Why do I need to take this medicine(s)?	
How long do I need to take my medicines for?	
How often do I take my medicines?	
Are there any side effects or interactions I need to be aware of?	
What do I do if I accidentally miss a dose?	
When will I get my medicines reviewed?	

General wellbeing

Talk to the doctor about your general mood and feelings over the past few weeks. Mention if you have lost interest or pleasure in most of your usual activities.

Referrals

Sometimes your GP might refer you to see someone else, such as a dietician, physical activity professional, psychologist or cardiologist.

Ask if you need to take a referring letter and/or complete any tests beforehand, and whether you make the appointment or your GP makes it on your behalf.

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