

MEDICINES (IF APPROPRIATE)

What is the name of this medicine?

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?

FOR MORE INFORMATION:

Heart Foundation Helpline 13 11 12

heartfoundation.org.au/your-heart/women-and-heart-disease

GENERAL WELLBEING

Talk 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 or if you are experiencing feelings of isolation from family and friends.

CONTRACEPTION

Oral contraceptives are usually safe for healthy young women. However, smoking while taking the oral contraceptive pill can increase the risk of heart disease, stroke and blood clots.

Talk about how to quit smoking if taking oral contraceptives.

PREGNANCY HISTORY

Tell your health care professional if you experienced high blood pressure, pre-eclampsia or gestational diabetes during any of your pregnancies and ask to make a plan to monitor your heart disease risk factors.

REFERRALS

Sometimes, you might be referred to see someone else, such as a dietician, physical activity professional, psychologist or cardiologist.

Terms of use: This material has been developed for general information and educational purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have, a health problem. The health information provided has been developed by the Heart Foundation and is based on independent research and the available scientific evidence at the time of writing. The information is obtained and developed from a variety of sources including but not limited to collaborations with third parties and information provided by third parties under licence. It is not an endorsement of any organisation, product or service. While care has been taken in preparing the content of this material, the National Heart Foundation of Australia, its employees and related parties cannot accept any liability, including for any loss or damage, resulting from the reliance on the content, or for its accuracy, currency and completeness. This material may be found in third parties programs or materials (including but not limited to show bags or advertising kits). This does not imply an endorsement or recommendation by the National Heart Foundation of Australia for such third parties organisations, products or services, including their materials or information. Any use of National Heart Foundation of Australia materials or information by another person or organisation is at the user's own risk. The entire contents of this material are subject to copyright protection.

questions
TO ASK

...when you are having a **Heart Health Check**

Supported by



™ American Heart Association

Visit details

Health care provider's name

Date & Time _____

FAMILY HISTORY, PREGNANCY HISTORY AND AGE

Does my family history put me at greater risk?

Yes No

Does my pregnancy history put me at greater risk?

Yes No

Does my age put me at greater risk? Yes No

BLOOD PRESSURE

What is my blood pressure?

Current: ____ / ____

What should my blood pressure be?

Ideal: ____ / ____

How often should I have my blood pressure checked?

How can I lower my blood pressure?

CHOLESTEROL

Am I due for a cholesterol test? Yes 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 types of physical activity can I do?

How much physical activity should I be doing?

What is my ideal healthy weight? _____ kg

What can I do to stop smoking (if applicable)?

TESTS (IF APPROPRIATE)

What is the name of this test?

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? Yes No