

Heart Awareness

ASK YOUR DOCTOR



Heart disease is major public health concern. It is the leading cause of death in the United States. Men and women of all ages should be concerned about heart disease and should take steps to prevent it.

If you:

1. **Have ever been told that you have high blood pressure, diabetes (also called high blood sugar), or high cholesterol?**
2. **Has anyone in your family had a heart attack or stroke?**
3. **Are having symptoms? See your doctor right away-never wait!**

At your appointment, make sure to ask your doctor about your risk for heart disease and what you can do to lower your risk. Getting answers to questions will give you vital information about your heart healthy and what you can do to improve it. You may want to bring this list to your doctor's office: Here are ten (10) questions to **ASK YOUR DOCTOR:**