

## Heart Disease Worksheet

1. What type of heart disease do I have?

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2. How did you diagnosis my disease?

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3. How severe is my disease?/How fast will it progress?/Can I expect any improvement?

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4. What testing should I have to look for heart disease?

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5. How can I prevent heart disease? \_\_\_\_\_

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6. Is my blood pressure at goal?\_\_\_\_\_

7. Is my cholesterol at goal?\_\_\_\_\_

8. Have I been checked for diabetes?\_\_\_\_\_

9. Should I be exercising? How?

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10. Do I need a stress test prior to starting an exercise program? \_\_\_\_\_

11. Should I be on an aspirin?\_\_\_\_\_

12. Is their any indication that I have had a heart attack? \_\_\_\_\_

13. Should we check a C - reactive protein (CRP) level? \_\_\_\_\_

14. Should we check a homocysteine level? \_\_\_\_\_

15. If you have known heart disease: What are my risk factors?

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16. How are we going to treat my disease?

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17. What type of follow up do I require?/Do I need another diagnostic test for follow up such as a stress test or cardiac catheterization?/Do I need to see a heart specialist?

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18. What medicines/treatments are we using to treat my symptoms and what are the side effects?

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19. What non-drug treatments should I be using such as exercise?

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20. Are my risk factors controlled (blood pressure, cholesterol, blood clotting)?

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21. Have you assessed for any other type of vascular disease such as vascular disease in the legs or neck?

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