





Questions for Your Doctor

About a Heart Attack (Myocardial Infarction)

Scan the QR code above to go directly the condition overview page

The following questions can help you talk to your doctor about your individual risk for having carotid artery disease. If you've already been diagnosed with carotid artery disease or have had a stroke, the questions below can help you discuss treatment and recovery as well as stroke prevention. Print out or write down these questions and take them with you to your appointment. Taking notes can help you remember your doctor's response when you get home.

IF YOU'RE CONCERNED ABOUT YOUR RISK FOR A FIRST HEART ATTACK
 Based on my family history, am I at a high risk for a heart attack? Based on my personal history, am I at a high risk for a heart attack? What can I do to help prevent a heart attack? Are the symptoms I have been having a warning sign of heart disease? Do my cholesterol levels put me at risk for a heart attack? If so, what can I do to get my cholesterol to goal levels? Is my weight within a healthy range? Can you help me quit smoking (if you smoke)? Is my blood pressure within the normal range? Can you help me control high blood pressure? What dietary choices should I be making for cardiovascular health? What level of exercise is safe for me that will also have cardiovascular benefits? If I have diabetes, what can I do to control it better?

IF YOU'VE HAD A HEART ATTACK
 What is my prognosis? What are the likely outcomes? What will recovery look like for me after the heart attack and any procedures I was treated with such as angioplasty and stenting or bypass surgery? What follow-up will be necessary? Will I be able to have my desired quality of life? What can I do to improve the odds of this? Can you recommend a cardiac rehabilitation program? What lifestyle changes do I need to make? Are my cholesterol levels putting me at risk for a recurrent heart attack? If so, what can I do to get my cholesterol to goal levels? If I have diabetes, what can I do to control it better? What do I need to know about the medications that have been prescribed? Who can I turn to for support (hospital staff, support groups, etc.)?

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