



## Talk With Your Doctor About Your Heart!

Use these tips to get ready for your next doctor visit.

- ✓ **Write down your questions.** Your doctor is there to help you. Don't be afraid to ask questions.
- ✓ **Bring all your medicines and a list of your medicines to each visit.** Make sure you write down how much of each medicine you take and how often you take it. Keep your list in your purse or wallet at all times.
- ✓ **Ask for health education materials.** Health education materials tell you what you need to know about your medical condition.
- ✓ **Stay active!** Join your local community center. Ask your doctor what's right for you.
- ✓ **Call your doctor if you have questions.** If you get home and have more questions, call your doctor's office and ask to speak to someone who can help.

**See the back for sample questions to ask your doctor**



## Sample Questions to ask your Doctor

- What is high blood pressure or high cholesterol?
- How can I control my blood pressure or cholesterol?
- What caused high blood pressure? Is there a cure?
- When do I take my medicines?
- Do I need to have the flu shot?
- Do I need to have the pneumonia shot?
- How do I take my blood pressure at home?
- Do the medicines have side effects? What are they?
- Do you have health education materials about high blood pressure and cholesterol?
- When is my next visit?

## What do I want to ask my doctor?

Write your questions below and take this with you to the doctor.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

Call L.A. Care if you have questions about your heart.  
Heart Resource Line **1-855-707-7852** | 8am - 4pm Monday - Friday (TTY 711)  
L.A. Care's 24/7 Nurse Advice Line **1-800-249-3619**  
[heartdm@lacare.org](mailto:heartdm@lacare.org)