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# Questions for Your Doctor

## About Coronary Artery Disease (CAD)

The following questions can help you talk to your doctor about your individual risk of having coronary artery disease (CAD). 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 CORONARY ARTERY DISEASE (CAD)**

- Based on my family history, am I at greater risk for CAD?
- Based on my personal history, am I at greater risk for CAD?
- Could symptoms I am having be related to CAD?
- Do my cholesterol levels put me at risk for CAD?
- Is my weight within a healthy range to prevent CAD?
- Does diabetes put me at greater risk for CAD?
- 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 and will also have cardiovascular benefits?
- For women: Could birth control pills, my pregnancy history (including any complications I had during my pregnancies), or menopause put me at greater risk for CAD?
- Are there lab tests or diagnostic tests that you would recommend based on my risk factors or symptoms?

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If you've been diagnosed with CAD, it's normal to be worried and to want as much information about the disease and treatment as possible. It can be a particularly difficult time for patients who have experienced a serious cardiovascular event such as a heart attack. The following questions can lay the groundwork for a discussion between you and your doctor.

**IF YOU'VE BEEN DIAGNOSED WITH CAD**

- Am I in danger of having a first or recurrent stroke?
- What additional tests may I need?
- What are my treatment options? What combination of lifestyle changes, medications, and treatments may be necessary to combat the disease?
- What is my prognosis? What are the likely outcomes?
- Will I be able to have my desired quality of life? What can I do to improve the odds of this?
- What will happen after treatment? If treatment involves recovery, how long will that take?
- What follow-up will be necessary?
- If I've already had a stroke, what types of therapy may I need?
- Who can I turn to for support (hospital staff, support groups, etc.)?

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