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Questions for Your Doctor

About a Heart Attack (Myocardial Infarction)

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?



