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Questions to  
ask when you  
are having a  
**HEART  
HEALTH  
CHECK**



## What is my risk of having a heart attack or stroke?

Chance of having a heart attack or stroke in the next 5 years:

**LOW RISK: <10%**

**MODERATE RISK: 10-15%**

**HIGH RISK: 15%**



## What can I change about my lifestyle to reduce my risk?

How much physical activity should I be doing?

minutes/week

What is my ideal:

Weight:  kg      BMI:

What kinds of foods are heart healthy?

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What are the best steps to take to quit smoking?

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## When is my next Heart Health Check due?

6 months       12 months       24 months

Date: \_\_\_ / \_\_\_ / \_\_\_



## What are my risk factors for heart disease?

### 1. Blood Pressure

What is my blood pressure?

Current:  /  mmHg

What should my blood pressure be?

/  mmHg

How often should I have my blood pressure checked?

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### 2. Cholesterol

What are my cholesterol levels?

	MY LEVELS	IDEAL LEVELS
TOTAL CHOLESTEROL (mmol/L)		
HDL CHOLESTEROL 'GOOD FATS' (mmol/L)		
LDL CHOLESTEROL 'BAD FATS' (mmol/L)		

### 3. What are my other risk factors for heart disease?

How does diabetes affect my risk of heart disease?

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How does my family history of heart disease affect my risk? \_\_\_\_\_

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How does my cultural background affect my risk of heart disease? \_\_\_\_\_

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What are my other risk factors:

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**If recommended, what do I need to know about my medication(s)?**

## **BLOOD PRESSURE LOWERING MEDICINE**

Name of medicine: \_\_\_\_\_

Strength: \_\_\_\_\_

How do I take this?: \_\_\_\_\_

Common side effects: \_\_\_\_\_

## **CHOLESTEROL LOWERING MEDICINE**

Name of medicine: \_\_\_\_\_

Strength: \_\_\_\_\_

How do I take this?: \_\_\_\_\_

Common side effects: \_\_\_\_\_



**Other notes:**

Talk to someone who is  
specially trained in heart health  
care to answer your questions.

**Call our Helpline on 13 11 12.**

For more information visit **[heartfoundation.org.au](http://heartfoundation.org.au)**

This material has been developed by the Heart Foundation for general information and education purposes only. *It does not constitute medical advice.* Please consult your healthcare provider if you have, or suspect you have, a health problem. © 2019 National Heart Foundation of Australia.