

Checklist for your Doctor

Know your numbers.

The following chart lists the medical tests and exams that should be part of your regular office visits. Use this checklist as a tool to talk with your doctor and to make sure you get the care for your heart disease that the experts recommend.

| Medical Test / Examination | Why | What Result Should Be | How Often Test is Typically Needed |
|---|--|---|------------------------------------|
| Blood Sugar | Checks to see sugar level in the blood, high levels can indicate ??? | Less than 100 | At least every 3 years |
| Blood Pressure ¹ | Checks if medicine is needed to control blood pressure and reduce risks of problems in your heart, eyes, kidneys and nerves | Less than 120/80mmHg* | Every doctor visit |
| Body Mass Index | Being overweight or obese makes it more difficult for your heart to work, as it should. | Between 18.5 and 24.9 | Every doctor visit |
| Cholesterol | A high level of cholesterol puts you at risk for heart problems, if it is high your doctor can tell ways that might lower it. Your doctor can give you advice on how to improve your level. | Less than 200 | At least once a year |
| Cholesterol Control(LDL-Bad Cholesterol) ² | High levels can prevent enough blood from flowing into your heart and sometimes they even cause your veins to rupture. Your doctor can give you advice on how to improve your level. | LDL less than 100 mg/dL* | At least once a year |
| Cholesterol HDL-Good Cholesterol | HDL Cholesterol helps break down LDL cholesterol when your doctor knows both he or she can give you best advice. | Greater than 40 | At least once a year |
| Triglycerides | In addition to adding to heart disease problems high triglyceride levels tell your doctor to check you for other health issues like diabetes and that medicines you are taking may need to be changed. | Less than 150 | At least once a year |
| Smoking Status and Stop Smoking Advice | Smoking increases the rate at which complications from heart disease occur and can cause other health issues | Stop smoking | Review at every doctor visit |
| Waist Measurement | When you gain too much weight in your stomach it increase you chances of heart disease problems | Men: less than 40 inches Women less than 35 inches | At least every two years |

¹ If you are being treated for hypertension and or diabetes, the treatment goal is less than 130/80.

² Further reduction to less than 70 may be reasonable. Talk to your doctor or care manager.