VITALS VAULT

FREE GUIDE

Heart testing: what to ask

A short list to take to your next appointment. It covers the heart questions people most often forget to ask, and leaves room for your own numbers.

MY NUMBERS

Blood pressure, date, and how it was measured _____

LDL cholesterol and date _____

ApoB, if measured _____

Lp(a), if ever measured, and the units _____

MY HISTORY

- [ ] A parent or sibling had early heart disease
- [ ] High blood pressure
- [ ] High cholesterol
- [ ] Diabetes or prediabetes
- [ ] I smoke or used to
- [ ] Kidney disease
- [ ] Pregnancy complications
- [ ] An inflammatory condition

QUESTIONS TO ASK

- [ ] Has my Lp(a) ever been measured? It is usually a one-time test.
- [ ] Would an ApoB test add anything to my cholesterol panel?
- [ ] Is my blood pressure being measured the right way, seated and rested?
- [ ] How does my family history change how you read my numbers?
- [ ] Which of my risk factors can I change, and which first?
- [ ] When should each of these be checked again?

A REMINDER

No single number tells the whole story. Clinicians read these results together with your age, history and other tests.

Sources: A question list based on general cardiology guidance. It does not interpret results.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com