



Heart Strong Risk Guide

A simple guide to help you prepare for your next healthcare appointment.

Use this guide to organize your personal heart health information, prepare questions, and help you make the most of your appointment with your healthcare provider.

My Heart Health History

Circle all that apply.

Don't worry if you don't know every answer. Complete what you know before your appointment.

Family history of heart disease

Relationship: _____

Age diagnosed (if known): _____

High blood pressure

High cholesterol

Prediabetes or diabetes

Smoking or vaping (current or past)

Pregnancy-related complications (*Preeclampsia, gestational diabetes, pregnancy-induced hypertension*)

Early or surgical menopause

Autoimmune disease

Chronic kidney disease

Sleep apnea

Overweight or obesity

Physically inactive

Other:

Symptoms I've Experienced

Circle all that apply.

Women often experience heart disease differently than men. Symptoms can be subtle and are often explained away as stress, anxiety, acid reflux, menopause, aging, or simply being out of shape. While these symptoms may have another cause, they should never be ignored without discussing them with your healthcare provider. If something doesn't feel right, trust yourself and seek medical attention.

Chest pain, pressure, tightness, or discomfort

Heartburn, indigestion, or upper abdominal discomfort

Shortness of breath

Unusual fatigue or decreased exercise tolerance

Pain or discomfort in **one or both arms**

Jaw, neck, shoulder, or upper back pain

Nausea or vomiting

Cold sweats

Dizziness or lightheadedness

Symptoms during physical activity or exercise

Symptoms at rest

I've noticed subtle changes or simply feel like something isn't right, even if I can't explain it.

Other:

Know My Numbers

Write down the numbers you already know from recent testing or request them at your appointment.

Blood Pressure _____

Total Cholesterol _____

LDL _____

HDL _____

Triglycerides _____

Blood Glucose _____

A1C _____

Height _____

Weight _____

Waist Circumference _____

Resting Heart Rate _____

Additional Questions to Discuss With My Healthcare Provider

Based on my family history, symptoms, personal risk factors, and current numbers, **should I ask about additional testing?**

- Lipoprotein(a) [**Lp(a)**]
- Apolipoprotein B (**ApoB**)
- High-sensitivity C-reactive protein (**hs-CRP**)
- Coronary Artery Calcium (**CAC**) Score
- Other:

Heart Strong Action

Knowledge is powerful.

Action changes lives.

Bring this guide with you to your healthcare appointment.

Knowing your risk factors, understanding your numbers, recognizing symptoms, and asking questions are important first steps toward protecting your heart.

Date Completed: _____

Healthcare Provider: _____

My Next Steps: _____

Educational content in this guide is based on current recommendations from organizations including the American Heart Association (AHA), American College of Cardiology (ACC), and Centers for Disease Control and Prevention (CDC), along with other evidence-based medical resources. This guide is intended for educational purposes only and is not a substitute for personalized medical advice, diagnosis, or treatment from your healthcare provider.