

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.