

My heart prevention plan

Fill this in with your GP or cardiologist. Keep it with your medication list.

BEFORE YOUR APPOINTMENT — BRING

- ☐ All your medicines and supplements, with doses (Health Diary medication list)
- ☐ Home blood pressure readings — ideally 7 days (Health Diary report or printable diary)
- ☐ Recent blood tests, especially cholesterol, HbA1c and kidney function
- ☐ Family history: who had heart disease, stroke or sudden death, and at what age
- ☐ Pregnancy history if relevant: high blood pressure, pre-eclampsia or diabetes
- ☐ Smoking or vaping history
- ☐ Any symptoms with exertion — when they happen and how long they last

QUESTIONS TO ASK

- ☐ What is my 5-year cardiovascular risk?
- ☐ What should my blood pressure and LDL targets be?
- ☐ Should I have my Lp(a) checked?
- ☐ Would a calcium score change my treatment?

Home blood pressure diary: healthdiary.au — free, provided by Heartcare Sydney.

AFTER YOUR APPOINTMENT — MY PLAN

My 5-year cardiovascular risk (if applicable)

Date

My blood pressure target

My LDL target (mmol/L)

My medicines for prevention

One habit I'll change first

Next review — when

With

Possible heart attack? Call Triple Zero (000) immediately.

heartcare.sydney/how-to-prevent-a-heart-attack