

Name _____

Date _____

Like most people with heart problems, you probably have many questions. During the next few weeks, we want to help you answer those questions. Below is a list of common topics that people with heart problems have questions about. Please **check 5** topics for which you would like more information.

Check	Topics	Staff comments
	Activity and work guidelines	
	Alcohol	
	Blood pressure	
	Cholesterol	
	Diabetes	
	Emotional changes: depression, anxiety, loneliness, anger, memory, etc.	
	Family support and struggles	
	Fitness	
	Heart attack	
	Heart failure	
	Heart healthy eating	
	Heart rhythms	
	Heart structure and function	
	Heart tests and procedures	
	How to take your pulse	
	Medications	
	Sexual activity	
	Smoking	
	Stress	
	Stress management	
	Weight management	
	What to do for chest pain	
	Your risk factors	

Other questions you would like to have answered: