

## Maximize Your Minutes With Your Doctor

A recent survey shows that only 41% of women ask their primary care physician about heart health. **BeWell Expert and women's health specialist Dr. Marianne Legato** says women should ask their physician these important questions to better understand their personal risk factors and relationship to coronary heart disease. To get this conversation started, print this sheet and take it to your next doctor's appointment.

1. How important is my family's history of heart disease?

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2. Is it safe for me to take hormones?

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3. Does my weight affect my risk for heart disease?

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4. If I exercise, do my odds for heart disease change?

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5. Can the stress I experience at work and at home affect my heart?

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6. Additional questions I need to ask:

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This educational information on women's heart health was proudly created in collaboration with Pfizer as part of an on-going series, "Maximize Your Minutes With Your Doctor," which aims to help patients make the most of physician visits. For more information on heart health and for a list of the vital questions you should ask your doctor, visit [BeWell.com](http://BeWell.com).