

Wondering if you have coronary artery disease (CAD) or heart failure?

Take a minute to answer some questions about your heart health.

If you answer yes to several of the following questions, you may be at risk for coronary artery disease or heart failure and should consult with your physician.

Do you...

- | | |
|--|---|
| <input type="checkbox"/> Avoid activities that you used to enjoy? | <input type="checkbox"/> Sweat excessively? |
| <input type="checkbox"/> Tire easily, such as walking up a flight of stairs? | <input type="checkbox"/> Get dizzy? |
| <input type="checkbox"/> Drive rather than walk? | <input type="checkbox"/> Drink alcohol? |
| <input type="checkbox"/> Have trouble sleeping or have a sleep disorder? | <input type="checkbox"/> Eat a diet high in fat, red meat, and/or fast foods regularly? |
| <input type="checkbox"/> Have jaw pain? | <input type="checkbox"/> Have a family history of heart problems/disease? |
| <input type="checkbox"/> Often experience nausea? | |
| <input type="checkbox"/> Have back pain? | |

Have you...

- | | |
|--|---|
| <input type="checkbox"/> Recently gained weight? | <input type="checkbox"/> Had these symptoms (chest discomfort, shortness of breath, heart racing/palpitations) while resting? |
| <input type="checkbox"/> Had a heart test within the past two years? | |
| <input type="checkbox"/> Had chest discomfort when performing an activity, or while at rest? | |

NOTES:

Let's unblock the road to heart recovery

If you have heart failure or CAD, you may be a candidate for treatments that could improve your quality of life and make your heart healthier. Your first step is to talk with your doctor.