

Questions to Ask Your Dr. About Heart Health

The National Heart, Lung, and Blood Institute suggests you ask your doctor the following questions to learn more about your risk for heart disease and what to do about it. Be sure to ask what you can do if you are told you are at increased risk or already have a heart problem.

1. What is my risk for heart disease?
2. What is my blood pressure?
3. What are my cholesterol numbers?
4. What are my body mass index (BMI) and waist measurement? Do they mean that I need to lose weight for my health?
5. What is my blood sugar level, and does it mean that I'm at risk for diabetes?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What's a heart-healthy eating plan for me?
10. How can I tell if I'm having a heart attack?



Quick Chicken Chili

Ingredients

SERVES 2

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|--|------------------------------|
| 1 teaspoon olive oil | 1 tablespoon green chilies |
| 4 ounces canned chicken | 4oz low sodium chicken stock |
| ½ cup black beans (rinsed) | 1 teaspoon chili seasoning |
| 2 tablespoon red or green bell pepper, chopped | |



Directions:

Add all ingredients to a nonstick pan and bring to a boil. Reduce heat to low and simmer 20 minutes.