
Questions for Your Doctor About Athero

Get the Conversation Started About Your Risk Factors

Some people may not know what to ask when they talk to their doctor about athero. To get the most out of your appointment with your doctor, write down questions in advance. Here are some to get you started.

1. Do my risk factors contribute to the development of athero?
2. What can I do to lower my risk for the consequences of athero?
3. Can you tell me more about bruits, the ankle/brachial index, or other ways to diagnose athero?
4. What can I do if I am diagnosed with athero?
5. Can you recommend specific lifestyle changes that would be helpful?
6. How do my cholesterol levels affect the progression of athero?
7. What do I need to do to maintain or improve my cholesterol levels?
8. Are there any medications that can help slow the progression of athero?
9. How does smoking contribute to the progression of athero?