



NAVIGATING
PACIFIC
HEARTS

www.pacifichealthpartners.org

E NĪNAU I KE KAUKA

QUESTIONS TO ASK YOUR DOCTOR

1. **He aha ka papaha o ka loa‘a o‘u i ka ma‘i pu‘uwai?**
What is my risk(s) for heart disease?
2. **He aha ko‘u helu mīkā koko? He aha ka mana‘o? He aha ka‘u e hana ai?**
What is my blood pressure? What does it mean? What should I do?
3. **He aha ko‘u helu na‘o koko? He aha ka mana‘o? He aha ka‘u e hana ai?**
What is my cholesterol? What does this mean? What do I need to do?
4. **He _____ paona ke kaumaha o ko‘u kino. He aha ka‘u e hana ai?**
My weight is _____ lbs. What do I need to do?
5. **He ka nui o ke kōpa‘a ma ko‘u koko. He aha ka papaha o ka loa‘a o‘u i ka ma‘i mimi kō?**
My blood sugar is _____. Am I at risk for diabetes?
6. **Pono e hana ‘ia he mau hō‘ike pu‘uwai hou aku? Pehea ka pinepine o ka hō‘oia pu‘uwai?**
Do I need other tests for heart disease? How often should I check my heart health?
7. **He aha ka‘u e hana ai no ka ha‘alele ‘ana i ka puhi paka?**
How do I quit smoking? (if smoking)
8. **He aha ka nui o ka ho‘oikaika kino e pono ai ka ikaika o ko‘u pu‘uwai?**
How much exercise do I need to help my heart?
9. **He aha ka‘u e ‘ai ai no ka mālama i ko‘u pu‘uwai? E hui paha au me kekahi i hiki ke a‘oa‘o mai no ka ‘aipono ‘ana?**
What can I eat to help my heart? Should I see someone to learn more about eating healthy?
10. **He aha nā hō‘ailona o ke kauhola pu‘uwai?**
How can I tell if I'm having a heart attack?

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