

# Questions to ask my doctor

## *about my CAD risk factors*

Please print this page and discuss the following with your doctor during your next office visit.

Questions	Doctor response
<p><b>If you smoke:</b> What resources and tools do you have that could help me quit smoking?</p>	
<p>What types of exercise would you recommend for me to help prevent heart attack and stroke?</p>	
<p>What diet changes should I make to help prevent heart attack and stroke? Should I work with a nutritionist?</p>	

Optum provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional.