



NAVIGATING
PACIFIC
HEARTS
www.pacifichealthpartners.org

Fesili E Fesiligia Ai Lau Fomai *Questions To Ask Your Doctor*

- 1. O le a so'u afaina e maua ai i le mai fatu?**
What is my risk(s) of heart disease?
- 2. O le a le maualuga o lo'u toto? O le a lona uiga? O le a le mea e tatau ona ou faia?**
What is my blood pressure? What does it mean? What should I do?
- 3. O le a le maualuga o le gao i lo'u toto? O le a lona uiga? O le a se mea e tatau ona ou faia?**
What is my cholesterol? What does it mean? What should I do?
- 4. O le mamafa o lo'u tino i pauna. O le a se mea e tatau ona ou faia?**
My weight is __ lbs. What do I need to do?
- 5. O le suka o lo'u toto e..... Ua ou afaina i le mai suka?**
My blood sugar is Am I at risk for diabetes?
- 6. Pe ou te moomia nisi suega e sailia ai lo'u a'afia ile ma'i fatu? E tatau ia te a'u ona siaki faafia le maloloina o lo'u fatu?**
Do I need other tests for heart disease? How often should I check my heart health?
- 7. E faapefea ona taofia la'u ulaula?(Pe afai o ulaula.)**
How do I quit smoking? (If smoking.)
- 8. O le a le tele o la'u faamalosi tino e tatau ona ou faia e fesoasoani ai i lo'u fatu?**
How much exercise do I need to help my heart
- 9. O a mea'ai e tatau ona ou 'ai ai e fesoasoani ai i lo'u fatu? Pe tatau ona ou vaaia se tasi e a'oa'o atili mai ai le 'ai maloloina?**
What can I eat to help my heart? Should I see someone to learn more about eating healthy?
- 10. E faapefea ona ou iloa ua maua a'u i le ma'i fatu oso fa'afuase'i?**
How can I tell if I'm having a heart attack?

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