



Ngaahi fehu'i ke 'eke ki ho'o toketaa'

Questions to Ask Your Doctor

1. Ko e hā 'eku tu'unga tu'utāmaki fekau'aki mo e mahaki mafu'?
What is my risk(s) for heart disease?
2. Ko e hā e tu'unga hoku toto'? 'Oku ma'olunga? Ko e hā ha me'a 'oku totonu ke u fai ki ai ke tauhi lelei?
What is my blood pressure? What does it mean? What should I do?
3. Ko e hā e tu'unga hoku kolesitulolo'? Ko e hā hono 'uhinga'? Ko e hā ha me'a 'oku totonu ke u fai ki ai ke tauhi lelei?
What is my cholesterol? What does this mean? What do I need to do?
4. Ko hoku fua mamafa' ko e pauni 'e _____. Ko e hā ha me'a 'oku totonu ke u fai ke tauhi ha mamafa mo'ui lelei'?
My weight is _____ lbs. What do I need to do?
5. Ko e fua suka 'i hoku toto' ko e _____. 'Oku ngalingali te u suka?
My blood sugar is _____. Am I at risk for diabetes?
6. 'Oku toe 'i ai ha ngaahi sivi ki he mahaki mafu' 'oku tonu ke u fai? Pea 'oku tonu ke tu'ofiha 'a e sivi fakamo'ui lelei 'a hoku mafu'?
Do I need other tests for heart disease? How often should I check my heart health?
7. 'E anga fēfē ha'aku tuku/ta'ofi 'eku ifi tapaka' /sikaleti'? ('O kapau 'oku' ke ifi)
How do I quit smoking? (if smoking)
8. 'Oku totonu ke u fakamālohisino tu'ofiha ke tokoni ki hono fakamo'ui lelei hoku mafu'?
How much exercise do I need to help my heart?
9. Ko e hā 'a e ngaahi me'akai totonu 'e tokoni ki hoku mafu'? 'Oku 'i ai ha taha fale'i 'oku' ne 'iloange ki he kai fakamo'ui lelei'?
What can I eat to help my heart? Should I see someone to learn more about eating healthy?
10. 'Oku anga fēfē ha'aku 'ilo 'o kapau 'oku ou mahaki mafu pe tu'u 'a e tā 'a hoku mafu'?
How can I tell if I'm having a heart attack?

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