

DOCTOR DISCUSSION GUIDE

Heart Health & Cardiovascular Risk

For Women Ages 35–65

Heart disease is the #1 cause of death in women, yet women's cardiovascular symptoms are often different from men's and can go unrecognized. Starting in your 30s and 40s, your risk profile changes. This guide helps you advocate for your heart health.

WHY THIS MATTERS

Heart disease remains the leading cause of death among women. Hormonal changes, metabolic health, inflammation, and lifestyle factors all influence cardiovascular risk.

Taking a proactive approach to heart health can help support long-term wellbeing and healthy aging.

Women's Heart Attack Symptoms Are Often Different

- Chest pressure, tightness, or squeezing (may be mild or absent)
- Shortness of breath, especially with mild exertion
- Unexplained fatigue, nausea, or indigestion
- Pain in the jaw, neck, shoulder, or upper back
- Lightheadedness or sudden dizziness
- Palpitations or a racing, fluttering heartbeat

YOUR PERSONAL RISK CHECKLIST

Check all risk factors that apply to you:

- High blood pressure (hypertension)
- High cholesterol or triglycerides
- Diabetes or prediabetes
- Overweight or abdominal obesity
- Current or past smoker
- Sedentary lifestyle
- Family history of heart disease before age 65
- History of preeclampsia or gestational diabetes
- Autoimmune disease (lupus, rheumatoid arthritis)
- Chronic stress, depression, or anxiety
- Early menopause (before age 40–45)

QUESTIONS TO ASK YOUR DOCTOR

Q	What is my 10-year cardiovascular risk score (such as ASCVD)?
Q	Is my blood pressure in the optimal range for a woman my age?
Q	Can we review my full lipid panel, including HDL, LDL, triglycerides, and Lp(a)?
Q	Should I be tested for insulin resistance or prediabetes?
Q	How does my hormonal status (perimenopause/menopause) affect my heart risk?
Q	Do I need a coronary artery calcium (CAC) scan to assess plaque buildup?
Q	What lifestyle changes would have the biggest impact on my heart health?
Q	Should I be taking aspirin, a statin, or other preventive medication?

KEY NUMBERS TO KNOW & TRACK

Measurement	Target Range	My Last Result
Blood Pressure	Below 120/80 mmHg	
LDL Cholesterol	Below 100 mg/dL	
HDL Cholesterol	Above 50 mg/dL	
Triglycerides	Below 150 mg/dL	
Fasting Glucose	70–99 mg/dL	
HbA1c	Below 5.7%	
Resting Heart Rate	60–80 bpm	
BMI / Waist	BMI 18.5–24.9	

NOTES FROM MY APPOINTMENT

My doctor's recommendations:

Tests ordered:

Follow-up date:

Visit the Voshell's website to learn more about **Heart & Hormones Blueprint™ (URL)**

This information is provided for educational purposes and is not intended to replace personalized medical advice. Always consult a qualified healthcare professional regarding your individual health concerns.