



NAVIGATING  
PACIFIC  
HEARTS

[www.pacifichealthpartners.org](http://www.pacifichealthpartners.org)

## **KAJITOK KO NĀN TAKTŌ EO AM**

### ***QUESTIONS TO ASK YOUR DOCTOR***

1. **Ta kautata ko an nañinmej in menono?**  
*What is my risk(s) for heart disease?*
2. **Ta bōtōktōk eo am? Ta melele in? Ta in kōmane?**  
*What is my blood pressure? What does it mean? What should I do?*
3. **Jete Cholesterol eo aō? Ta Melele in? Ta eo iakuuji kōmane?**  
*What is my cholesterol? What does it mean? What do I need to do?*
4. **Joñan aō eddo \_\_\_\_ lbs. Ta ij aikuji kōmane?**  
*My weight is \_\_\_\_ lbs. What do I need to do?*
5. **Joñan tōñal eo ao \_\_\_\_.** I kautata ke ñan tōñal?  
*My blood sugar is \_\_\_\_.* Am I at risk for diabetes?
6. **Ij ke bar aikuji teej ko jet an nañinmej in menono? Eo ikutkut in aō kakōlkōl im lale ejmour ke menono e aō?**  
*Do I need other tests for heart disease? How often should I check my heart health?*
7. **Endret ao jolok kōbaataat jika? (ñe kwoj kōbaataat)**  
*How do I quit smoking? (if smoking)*
8. **Ewi jōnan aō naj ikurre bwe en jibañ menono e aō?**  
*How much exercise do I need to help my heart?*
9. **Ta ko imaron kañi bwe ñan jibañ menono e aō? Emman ke ikajitōk ibben juōn kin kilen mōña bwe en ejmour menono e aō?**  
*What can I eat to help my heart? Should I see someone to learn more about eating healthy?*
10. **Endret aō kille ñe ej metak ubō?**  
*How can I tell if I'm having a heart attack?*

This program is presented by Pacific Islander Health Partnership (PIHP) and its Navigating Pacific Hearts partners. Funded by The University of California, Riverside with support from the Foundation for the National Institutes of Health in partnership with *The Heart Truth*® Program of the National Heart, Lung, and Blood Institutes.



*Juon Wot Iakwe*

