



# 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?*

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.

