

VASCULAR DISEASE: WORKING WITH YOUR HEALTHCARE PROVIDER

TRANSCRIPT

To lower your risk of the serious complications of vascular disease, such as heart attack and stroke, you need to work with your healthcare provider.

First, you'll identify which risk factors you have, then make a plan to control them. Your healthcare providers are there to help. Work with them to set personal goals then come up with a plan to help you reach them.

They will help you design a plan specifically for you, based on your needs, lifestyle, and culture. Make sure to share your medical history, and any known family medical history, including depression, with your healthcare provider.

"My mom has high blood pressure and high cholesterol, and I know she is on medications for those."

Let them know if you have any risk factors that you feel you need to work on. You are a team. If you are having trouble with any part of your plan, let them know. Changes can be made to increase your chances of success.

If you don't have a primary care provider at this time, find one you can feel comfortable with. You will be working closely together to reduce your risk factors.

Look for local healthcare providers on the web, call your insurance company for a list, or get some recommendations from your local hospital, family or friends. Trusting and working with a healthcare provider is a big part of staying healthy.