

The Heart Reserve Baseline

MY HEALTH STARTING POINT.

For a short summary of your history and results. Fill in what you know; skip unsure items. Bring both pages, choose a next step with your care team, and keep a copy.

START WITH WHAT YOU KNOW

My history

Age:

MY PERIODS

- ☐ Regular periods ☐ Periods changing
☐ No period for 12+ months ☐ Both ovaries removed
☐ Unsure

Age periods began changing, if known:

Age at last period, if known:

FAMILY HISTORY

- ☐ Yes ☐ No ☐ Unsure
Heart attack or stroke at an early age, very high cholesterol, or sudden death from a heart problem. Who and at what age?

WHAT HAPPENED TO ME

My pregnancy history

Mark what you were told. Skip anything you do not know.

- ☐ High blood pressure during pregnancy ☐ Preeclampsia*
☐ Diabetes in pregnancy ☐ Birth before 37 weeks
☐ Baby smaller than expected ☐ Problem with placenta*
☐ Pregnancy loss ☐ Another complication
☐ None known ☐ Never pregnant
☐ Unsure

WHAT HAPPENED, AND WHEN?

*See the word guide on page 2.

USE RESULTS YOU ALREADY HAVE

My results over time

Add the date and result. You can attach your lab report. Ask your care team what the numbers mean.

MEASURE	EARLIER	MOST RECENT
Blood pressure		
Pulse at rest		
Cholesterol: LDL-C*		
Blood fat: triglycerides		
ApoB, if measured*		
Lp(a), if measured*		
Blood sugar: A1c* / glucose		
Waist, if tracked		

Which result changed or needs explaining?

NAME THE CHANGE

What has changed?

- ☐ New symptom ☐ Familiar task harder
☐ Need longer to recover ☐ Unsure
Something else:

Bring your questions.

Your care team can help explain any changes.

My questions and next step

Use the sections that fit your story. You do not need every test or a number in every box. Ask your doctor or care team to help fill in the gaps.

MY HEART TESTS

What did I learn?

Mark only tests you already had - not tests to request.

- ☐ Heart calcium scan ☐ Heart artery scan
☐ Exercise / stress test ☐ None / unsure
☐ Heart artery X-ray using a thin tube (catheter)

ASK: What did it answer - and what did it not answer?

MY HEARTBEAT

Was it recorded?

Mark symptoms and any heartbeat recordings.

- ☐ Racing ☐ Skipped beats
☐ Pounding ☐ Irregular
☐ Dizzy / faint ☐ ECG / EKG recording
☐ Wearable monitor ☐ Watch recording
☐ None / unsure

ASK: Did a recording show my heartbeat during symptoms?

HEART ULTRASOUND

How is my heart working?

A heart ultrasound is an echocardiogram.

Date: _____

Pumping result (EF), if known:* _____

Other result or comment: _____

ASK: What did the ultrasound show?

DAILY ACTIVITY

What feels different?

Choose one familiar task and compare it with before.

Task - walking, stairs, groceries or exercise: _____

COMPARED WITH BEFORE

- ☐ Easier ☐ Same
☐ Harder ☐ Avoiding more

ASK: Why is this task harder?

HOW I FEEL

What has changed?

- ☐ Chest / jaw / arm / back discomfort ☐ Shortness of breath ☐ Racing / pounding heartbeat
☐ Unusual tiredness ☐ Dizziness / fainting ☐ Leg / ankle swelling
☐ Familiar task harder ☐ Need longer to recover ☐ None / unsure

For new or severe chest pain, severe trouble breathing or fainting, call 911. Do not wait for a routine visit.

FIVE USEFUL QUESTIONS

Bring this to your visit

1. Does my pregnancy history affect my heart care?
2. Which results have changed enough to matter?
3. Do my symptoms or changes in activity need checking?
4. What did my previous tests show?
5. What should we do next, and when?

MY ONE NEXT STEP

Before my next check-in, I am going to:

Who will do it, and when?

WORDS YOU MAY SEE

Word guide

Preeclampsia - High blood pressure with signs of organ problems during pregnancy or after birth.
Placenta - The organ that provides oxygen and food to a baby before birth.

LDL-C - A type of cholesterol, often called 'bad' cholesterol. Triglycerides are another blood fat.

ApoB - A blood test that counts certain particles that carry cholesterol.

Lp(a) - A cholesterol-carrying particle whose level is mostly inherited.

A1c - Average blood sugar over about 2 to 3 months. Glucose means blood sugar.

ECG / EKG - A recording of the electrical signals that make the heart beat.

EF (ejection fraction) - The share of blood the heart's main pumping chamber pushes out each beat.