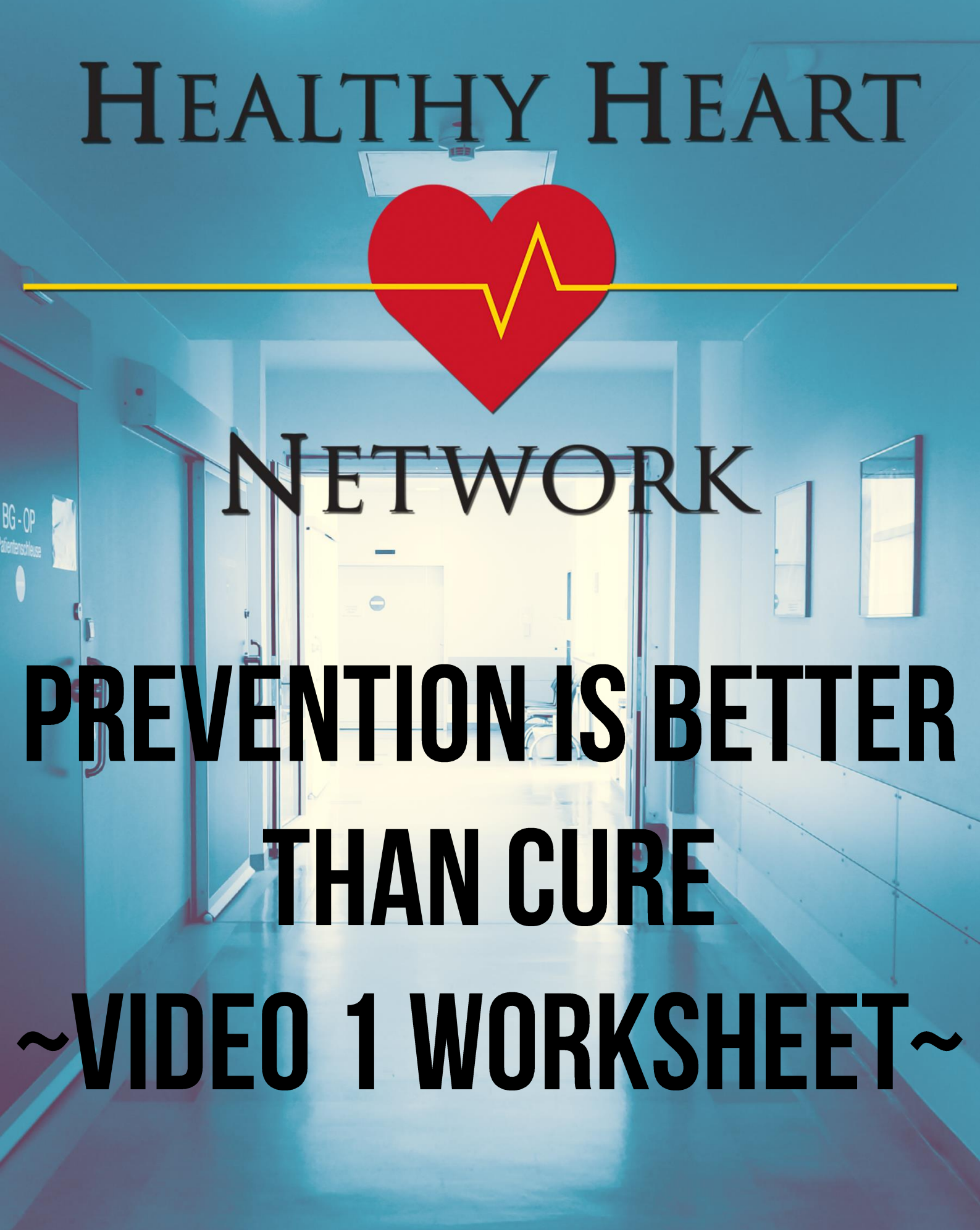


Doctor Warrick Bishop

Prevention Is Better Than Cure – Video 1 Worksheet

ACTION STEPS

1. Join the "Know Your Real Risk of a Heart Attack" Facebook group: https://www.healthyheartnetwork.com/facebookgroup
2. Check out the video on www.healthyheartnetwork.com
3. Share this page with your friends: https://healthyheartnetwork.com.au/miniclass-signup

Are you interested in preventative health?

_____

_____

_____

What do you consider your main health issues?

_____

_____

_____

Are you concerned about your heart health?

_____

_____

_____

If you are concerned about your heart health, then what do you consider as your major risk factor or risk factors?

_____

_____

_____

Do you know someone who has had a heart attack and you were surprised because you thought they looked ok?

_____

_____

_____

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Do you have a doctor who is able to give you the latest, most up to date information on heart attack prevention?

_____

_____

_____

Do you already invest in your best health?

_____

_____

_____

Do you regularly get your car serviced to prevent breakdowns? Do you look after yourself as well as you look after your car?

_____

_____

_____

How important is it to you or your loved ones to have the best possible information to be most precise about predicting risk of heart attack and then knowing what to do with that information?

_____

_____

_____

How would you feel about being on a journey of best heart health with a group of like-minded motivated individuals, sharing the journey and sharing support?

_____

_____

_____

Blood Pressure?	
Total Cholesterol?	
“Good Cholesterol” (HDL)?	
“Bad Cholesterol” (LDL)?	
“Ugly Cholesterol” (TG)?	
Fasting Blood Sugar Level?	
Fasting Insulin Level?	
HOMA	
Waist Circumference	
Weight	

What is my risk calculator risk?
(Use: https://www.mdcalc.com/ascvd-atherosclerotic-cardiovascular-disease-2013-risk-calculator-aha-acc)

_____

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