



## QUESTIONNAIRE FOR PATIENTS

**What is the most common cause of death?**

- a) Tumors – cancer
- b) Old age
- c) Diseases of the heart and blood vessels
- d) Injuries and car accidents
- e) Diabetes

**Which of the following increases the risk of myocardial infarction (heart attack)?**

- a) High blood pressure
- b) High cholesterol
- c) Smoking
- d) Insufficient exercise
- e) All of the above

**What is a normal blood cholesterol value?**

- a) I do not know.
- b) Below 5
- c) Below 6
- d) Above 5

**Do you know your cholesterol levels?**

- a) Yes
- b) No
- c) Not precisely, no.

**How can blood cholesterol be influenced?**

- a) It cannot be influenced.
- b) Only through diet
- c) Only through sporting activities
- d) With medications
- e) Answers b–d are correct.

**What causes high cholesterol?**

- a) It is a hereditary predisposition.
- b) Diet
- c) Both a and b are correct.

**Has your blood cholesterol value been measured and why?**

- a) Yes - high cholesterol runs in the family.
- b) Yes - I, and/or my relatives, have heart disease.
- c) Yes - as prevention.
- d) No
- e) I do not know.

**Are you currently being treated for high cholesterol?**

- a) Yes
- b) No
- c) No, but I should be.
- d) Not at the moment, but I will ask my doctor for an exam.