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Use this checklist to determine if you have a healthy heart

If two or more of the items below apply to you, we recommend consulting your doctor or a specialist.

Checklist 1

Have any of the following issues been raised during a health checkup or consultation?

- You've been told you have, or you are undergoing treatment for, high blood pressure.
- You've been told you have, or you are undergoing treatment for, high blood sugar levels.
- You've been told you have, or you are undergoing treatment for, kidney problems.
- You've been told you have, or you are undergoing treatment for, heart problems.
- You've been told you have, or you are undergoing treatment for, lung problems (excluding bronchial asthma).

Checklist 2

Do you have any of the following symptoms?

- Shortness of breath when climbing stairs.
- Swelling in your legs or face.
- Coughing at night.
- Sleeping poorly and waking up at night.
- Having difficulty in breathing when lying down, which improves slightly when standing up.
- Lethargy or fatigue.