

Primary Care Physician or Cardiologist? Knowing Who to See

Primary care physicians are the entry point for many medical needs and conduct tests and screenings that can help you keep your heart healthy. If problems are more serious or persist, you may be referred to a cardiologist.

CHOOSE A PRIMARY CARE PHYSICIAN FOR:



Overall well-being and physical exams.



Diagnosis and treatment of acute and chronic illnesses.



Management of uncomplicated high blood pressure or high cholesterol.



Counseling on lifestyle issues such as nutrition, physical activity and stress.

CHOOSE A CARDIOLOGIST IF YOU HAVE:



A family history of premature heart disease (*before age 55 for men or age 65 for women*).



Experienced a premature heart attack.



Multiple risk factors for heart disease, such as diabetes and obesity.



High cholesterol or high blood pressure that is hard to control.



Genetic heart problems or other disorders involving heart rhythm, heart valves or blood vessels.



American Heart Association.
Healthy for Good™



Texas Health
Resources®

Proud Supporter of Healthy for Good™

American Association of Family Physicians www.aafp.org/about/policies/all/primary-care.html

Harvard Health Publishing. "Cardiology specialists: When you need extra expertise."
www.health.harvard.edu/heart-health/cardiology-specialists-when-you-need-extra-expertise

Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources.

© Copyright 2020 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Healthy for Good is a trademark of the AHA. Unauthorized use prohibited. DS16468 8/20