QUESTIONS TO ASK YOUR DOCTOR

CHECK THE QUESTIONS YOU’D LIKE TO ASK YOUR DOCTOR

RISKS AND TESTS
- □ What kinds of tests will I need to find out if I have a heart condition?
- □ Which tests are most appropriate for me, given my gender, age and race/ethnicity?
- □ How often should I have testing to keep track of my risk factors?
- □ Are my blood pressure numbers within a normal range?
- □ What plan do you recommend that I follow to lower my risk?

HEART CONDITIONS
- □ Do I have heart disease?
- □ Can you explain to me what my heart condition is? Are there different types?
- □ What do you think has caused it?
- □ How does this condition affect other aspects of my health and life?
- □ What is my risk of having a stroke or heart attack?
- □ What are the long-term effects of on my health?

TREATMENT
- □ What treatments can help with my condition?
- □ Do I need medication, and if so, what should I know about them?
- □ Are there other treatment options?
- □ What are the benefits and risks of all my treatment options?
- □ How will we decide which treatment option is right for me?
- □ Where can I go for more information on my treatment options?

LIFESTYLE
- □ How can making changes to my lifestyle help now that I have a heart condition?
- □ Is it safe to exercise?
- □ What specifically should I do to stay healthy?

HELP
- □ What are the symptoms of stroke or heart attack that I should watch out for, and what do I do?
- □ Where can I go to find support?
- □ How can I learn more?
- □ What do I do if my symptoms are getting worse?
- □ Who do I call if I think I’m having an emergency?

MORE QUESTIONS FOR YOUR DOCTOR
Use the space below for any additional questions you have for your doctor:

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