



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:
