



Questions to Ask My Health Care Team

Finding out you had a heart attack may be hard. You may have to make lifestyle changes and take a medication. You might find it hard to remember what your doctor says and know what he or she means. It can help to bring someone with you to office visits to keep track of what your doctor says. The list below can help too. It has questions you may want to ask and space to write down the answers. This can help you manage your disease.

How long do I need to rest after a heart attack?

When can I go back to work?

Is it common to feel sad?

What can I do to help my family know what I'm going through?

Is chest pain normal after a heart attack?

How do I know if I'm having another heart attack?

Is it safe for me to have sex?

Why is cardiac rehabilitation so important?

What lifestyle changes should I make?

How can I include more physical activity in my life?

What should I do if I think I'm having another heart attack?

Does a heart attack prevent me from doing things I enjoy?
