

QUESTIONS TO ASK YOUR DOCTOR OR OTHER HEALTH CARE PROFESSIONALS ABOUT HEART FAILURE

1. Am I at risk of heart failure?

2. If I have heart failure, is it mild, moderate, or severe?

3. What should I expect within the next few weeks, months, and years? How is the condition likely to progress?

4. What are some specific ways that my daily life will change? Can I still _____ ?
(fill in whatever activity you're wondering about)

5. What are the three most important things my family and I can do to manage this condition?

6. What strategies have other patients found useful for motivating themselves to make lifestyle changes?

7. Do you recommend I participate in a cardiac rehabilitation program? Where and when will it take place?

8. I'm having a hard time keeping track of my medication schedule. Can we simplify it?

9. The medication _____ (name it) is causing side effects. Is there a way to minimize them? Is there another medication available for me to take?

10. If any symptoms change suddenly or seem to get worse, what's the best way for me to contact you?

Source: The American Heart Association.



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