



American
Heart
Association.

PATIENT/HEALTH CARE PROVIDER Discussion Guide

- ✓ Be prepared to get the most out of your appointment.
- ✓ Learn as much as you can about your condition.
- ✓ Write down questions to ask your health care professional.



When you have **heart failure**, your heart is unable to pump **enough blood and oxygen your body needs** to be at its best. This may cause fatigue, shortness of breath and coughing.



Now is the time to focus on increasing the healthy years you have ahead.



The symptoms of heart failure tend to get worse over time as the heart becomes weaker and less able to function efficiently.



There's no cure for heart failure. But if caught early, strategies can stop or slow the symptoms for many years.



More than **6.5 million adults in the U.S. are living with heart failure.** Getting treatment as soon as possible is the best way to manage the condition.



Your health care professional can **prescribe medications and recommend lifestyle changes** to help you maintain your quality of life.

*Take charge of
Heart Failure*



Bring a list of questions to prepare for your appointment.

At your appointment:

- You'll be asked about symptoms. How long have you had them? Have they gotten worse? Do they interfere with your usual activities?
- The exam will include blood tests and you may need an electrocardiogram.
- Your health care professional will look for signs of excess fluid (a condition called heart failure).
- You may need imaging tests such as a chest X-ray or echocardiogram.
- Your health care professional may prescribe medication.
- You'll get advice about restricting fluids and avoiding salty foods.

Being actively involved in your care will help you get the best possible results from treatment. Check off the questions you want to remember to ask your health care professional.

Treatment for Heart Failure

- What's my stage of heart failure?
- What causes heart failure?
- What did you learn from my tests and imaging studies?
- What's ejection fraction and why is it important?
- Are there medications that can help? Do they have side effects?
- How often do I need to see a health care professional to monitor my condition?
- How long before my symptoms get worse? Will I need to be hospitalized?
- Am I a candidate for a heart transplant?
- How long can you live with heart failure?
- Can I participate in clinical trials?

Living with Heart Failure

- What can I read to learn more about heart failure?
- What lifestyle changes will make the biggest difference to my health?
- Which symptoms mean I should call a health care professional right away or seek emergency care?
- Do I need to limit my activities or increase them?
- What foods should I avoid?
- How much fluid can I take in daily and how do I measure it?
- How could my heart failure impact my family?
- Are there support groups?
- What plans should I make to prepare for the future?

