

Talk to your doctor



How do you make the most of your time with the doctor? Print out this form to help guide the discussion of Heart Failure at your next appointment and record the doctor's comments. And always make sure the doctor knows how involved you want to be in your treatment.

1. Understand your Heart Failure

How serious is my Heart Failure? Mild Moderate Severe

In what ways does having Heart Failure increase my health risks?

What is the effect of HF on other conditions that I may have and will any of my other conditions have an effect on Heart Failure?

Would any of the following lifestyle changes help me to better manage Heart Failure?

Managing my weight Eating better Quitting smoking

2. Identify your Heart Failure needs

Am I a candidate for Heart Failure cardiac rehabilitation?

Yes No

Are there any remaining tests we need to do to learn more about my heart function? If so, which ones?

3. Explore Heart Failure treatment

What are the most important things I can do to manage my Heart Failure?

What should I expect in the coming weeks, months, or years?

What kind of activity should I be doing?

Are any activities off limits for me right now? (List specific concerns, like exercise, sex, housework.) Am I a candidate for Heart Failure cardiac rehabilitation? _____

4. Discuss your Heart Failure symptoms

Check your symptoms from this list of those commonly associated with Heart Failure

| | New | Ongoing |
|---|--------------------------|--------------------------|
| Shortness of breath with everyday activities | <input type="checkbox"/> | <input type="checkbox"/> |
| Swelling in legs, feet, and ankles | <input type="checkbox"/> | <input type="checkbox"/> |
| A dry, hacking cough that doesn't go away | <input type="checkbox"/> | <input type="checkbox"/> |
| Feeling tired | <input type="checkbox"/> | <input type="checkbox"/> |
| Trouble sleeping when you lie flat | <input type="checkbox"/> | <input type="checkbox"/> |
| Rapid weight gain (3 or more pounds in a day) | <input type="checkbox"/> | <input type="checkbox"/> |

Talk to your doctor (Cont)



Which symptoms or problems should I let you know about between appointments?

5. Questions about medicine

Will I be taking medication for Heart Failure?

Yes No

What do we hope the medication will do for me?

What will be the likely result if I don't take it?

Do you have other questions for your doctor? Write them here.

