



How to Talk to Your Doctor About HEART DISEASE

What to share

1. The main thing I want to talk about today is _____.

Let your doctor know what prompted your visit. Do you have a family history of heart disease and just want to get a check-up? Are you currently experiencing symptoms that concern you?

2. I've been experiencing symptoms such as (check all that apply, if any):

- | | |
|--|--|
| ☐ chest pain, tightening, squeezing, or heaviness | ☐ coldness or numbness |
| ☐ abdominal pain | ☐ weakness in arms and legs |
| ☐ back pain | ☐ palpitations, fluttering, or racing heart |
| ☐ nausea or vomiting | ☐ feeling tired easily |
| ☐ jaw pain | ☐ swelling in hands or feet |
| ☐ sweating | ☐ fever |
| ☐ paleness | ☐ skin rash |
| ☐ dizziness, lightheadedness, or fainting | ☐ weight gain |
| ☐ shortness of breath | ☐ lingering cough |

Be as specific as possible when describing any symptoms you might be experiencing.

3. My symptoms have been going on for about _____.
They're affecting how I _____.

Describe your symptoms in detail: the duration, quality, radiation (do they spread to your back, neck, jaw, chest, or elsewhere?), what makes them better, what makes them worse, how they're changing over time, and if they're new or recurrent.

4. I'm concerned about _____.

If you have specific concerns, share them with your doctor. You might also want to share whether you have a family history of heart disease, such as [arrhythmias](#), [heart attacks](#), or [atherosclerosis](#).

What to ask

1. What are the risk factors for heart disease? Do they apply to me? What is my risk for heart disease?
2. What can I do to keep my heart healthy and reduce my risk?
3. Do I need any testing?
4. Should I be taking any medications? If so, what kind?
5. Do you recommend that I make any [lifestyle adjustments](#)?
6. Should I see another specialist? If so, what kind?
7. Do I need any vaccines today?
8. When should I come back for another check-up?

Make sure you leave the appointment with a set of next steps you can take.

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