



# Make the most of **THE DOCTOR VISIT**

Whether it's for you or a loved one, our discussion guide will help you have an open conversation with the doctor. Start by answering the questions below and make sure to bring both pages with you, either printed or on your phone.



**Compared to 6 months ago, or even a year, do you or your loved one still do daily activities and hobbies you/they have always enjoyed?** (long walks, golf, cooking, time with family/friends, going to the store, etc.)

- Yes, my/their everyday routine hasn't changed
- I/They have slowed down a bit, but I'm/they're still pretty active a few days a week
- No, I/they used to do more



**Have you noticed any of the symptoms below?** Choose all that apply.

- Feeling tired, even after plenty of sleep
- Swollen ankles
- Trouble breathing after daily activities or while lying down
- Feeling faint or lightheaded
- Feeling dizzy
- Heart flutter or heart skips a beat
- Heart beating quickly at times
- Chest pain
- None of the above



**Is there a family history of heart conditions?**

- Yes
- No
- I'm not sure



**Ever been checked for an abnormal heart murmur?**

- Yes, less than a year ago
- Yes, but it's been awhile
- No
- I'm not sure



**Ever had an echocardiogram, a simple heart ultrasound?**

- Yes, less than a year ago
- Yes, but it's been awhile
- No
- I'm not sure

## Talk with the doctor about heart valve disease



### Schedule an appointment

If there is already an appointment scheduled, let the doctor know you and/or your loved one wants to talk about heart valve disease during it.



### Share your answers

Use the responses on the first page to let the doctor know exactly what's going on, what your/your loved one's symptoms are, and how long you've/they've had them.



### Tell your or your loved one's medical history

Heart valve disease doesn't always come with symptoms, so it's important to take the time to tell the doctor the whole story, including medical history.

## Ask the doctor for an echocardiogram



### Ask if there is a heart murmur

If the doctor hears a heart murmur with a stethoscope, they may order an echocardiogram. It is the standard diagnostic test for heart valve disease.



### Ask if you or your loved one has ever had an echocardiogram

An echocardiogram is the only sure way to see if you or your loved one has heart valve disease. Don't worry, it's painless and takes as little as 20 minutes.



### Ask if it's time to test again

If you or your loved one has had an echocardiogram before, ask the doctor if it's an appropriate time to test again. Even if you/your loved one has been diagnosed, a regular echocardiogram is important as heart valve disease gets worse over time.

## Add your own questions and notes

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