

# 10 Questions to Ask Your Heart Failure Specialist

Managing heart failure means being active in your healthcare. Asking the right questions can help you understand your condition better, make informed decisions, and improve your life. Here are 10 important questions to ask your heart failure specialist:



## 1 What is causing my heart failure?

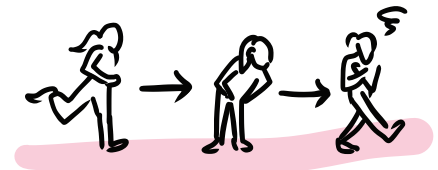
Understanding what's behind your heart failure is important. Ask your doctor if it's due to something like high blood pressure, blocked arteries, or another cause. Knowing the reason can help you manage your treatment plan better.

## 2 What stage of heart failure am I in?

Heart failure has different stages. Ask your doctor which stage you're in and what it means for your treatment. This will help you know how serious your condition is and what care you need.

## 3 What are my treatment options?

There are different treatments for heart failure, including medicines, devices, lifestyle changes, or surgery. Ask your doctor about the options available to you, and understand the benefits and side effects of each one.



## 4 How can I monitor my condition at home?

Ask your doctor how to track your heart failure symptoms at home. Find out what to watch for—like changes in weight, blood pressure, or new symptoms—so you can catch problems early and get help. Visit [Heartlife.ca](http://Heartlife.ca) for our easy to follow self-management toolkit.

## 5 What lifestyle changes should I make?

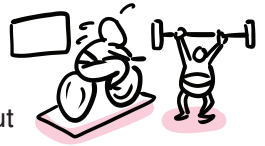
Lifestyle changes can improve your heart health. Ask your doctor for advice on diet, exercise, quitting smoking, and reducing alcohol use. These changes can help you manage your heart failure more effectively.



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## Are there any limits on physical activity?

Ask your doctor about what types of exercise are safe for you. It's important to stay active, but you need to know what activities are okay and which ones to avoid.



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## How will my medications affect my daily life?

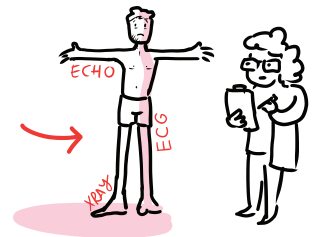
Ask how your medications might change your daily routine. Learn about side effects, any interactions with other medicines, and any precautions you need to take.



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## What support resources are available?

Ask your doctor about helpful resources like patient education programs, support groups, and counseling. These can provide emotional support and practical help in managing your heart failure. Visit the HeartLife's Help for Hearts Group on Facebook to meet others living with Heart issues.



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## How often should I have follow-up visits?

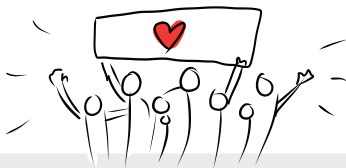
Regular check-ups are important for tracking your progress. Ask how often you should come in and what to expect during follow-up visits.



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## What should I do if my symptoms get worse?

It's important to know what to do if your symptoms worsen. Ask what steps to take if you experience things like more shortness of breath, weight gain, swelling, or extreme tiredness. Knowing when to get help can prevent complications.



## Take Control of Your Heart Health

Asking these questions will help you stay in control of your heart disease and improve your health. Don't forget to write down other questions you may have, and bring them to your appointments. Your doctor is here to help you live well with heart disease.



**Monitor your health and medications using our Toolkit**

**You're not alone in this journey. Learn more.**



**www.heartlife.ca**

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