



# 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 about your symptoms and more. Start by answering the questions below and be sure to bring both pages with you, either printed or on your phone.



**Compared to 6 months ago, 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

## Ask the doctor about risk of aortic stenosis



### Schedule an appointment

Aortic stenosis (AS) is the deadliest type of heart valve disease (HVD). If you think you or your loved one might be at risk, don't wait for your annual check-up.



### Guide the conversation

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



### Share your symptoms

AS and HVD don't always come with symptoms at first, so it's important to tell the doctor the whole story, including medical history.

## Ask the doctor about an echocardiogram



### Find out if there is a heart murmur

If the doctor hears a heart murmur with a stethoscope, they may order an echocardiogram. It's the standard diagnostic test for AS.



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

An echocardiogram is one of the most accurate ways to test for AS. Don't worry, it's painless and takes as little as 20 minutes.



### Check in regularly

Even if you or your loved one has been diagnosed, ongoing conversations with the doctor are important since AS may get worse over time.

### Ask about treatment options

If you or your loved one has been diagnosed with AS, or another type of HVD, talk to the doctor about treatment options.

## Add any questions, notes, or additional symptoms