

QUESTIONS *to ask my doctor*

BRING THIS LIST WITH YOU TO YOUR NEXT DOCTOR APPOINTMENT

Most likely, you still have questions about your recent hospitalization for a heart attack or severe chest pain. **The good news is—your doctor can help answer those questions.** Here are some questions you, or someone you care about, may want to ask your doctor.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

QUESTIONS ABOUT MY HEART ATTACK

Did the heart attack cause permanent damage to my heart? _____

Am I at risk of having another heart attack? _____

How can I lower my risk of another heart attack? _____

How often do I need to come in for office visits? _____

QUESTIONS ABOUT MY MEDICINES

Why was I prescribed these medicines? _____

Will these medicines react with other medicines? _____

Are there any possible side effects with my medicines? _____

What are the types of side effects I might experience? _____

How long should I take each of my medicines? _____

What happens if I miss a dose? _____

How can I remember to take all of these medicines? _____

QUESTIONS ABOUT DAILY LIVING

When can I start my normal activities again (for example, going back to work, walking, dancing, playing golf, having sex, working in the garden, taking care of children or grandchildren)? _____

Are there any activities I should not do? _____

Are there any foods I need to stay away from? _____

Is it okay to have alcohol? _____

What is the best way to stay on track with my medicines? _____

How can I make heart-healthy lifestyle changes? _____

