Partnering for Your Success

Questions to discuss with your doctor at your next visit

Understand Your Condition

- How serious is my condition?
- In what ways does heart failure increase my health risks?
- What should I expect in terms of HF progression over time?

Treatment Options

- · What are treatment options for HF?
- What is the right treatment for me?
- What can I do to reduce hospitalization or a trip to the ER?

Weight Gain

- What should be my target weight?
- How much weight is too much to gain in a day? A week?

Signs to Watch For

- What are the most important warning signs?
- · What steps should I take if I experience these signs?
- When is it an emergency?

Medication Management

- · Will I be taking medication for my HF?
- What side effects should I expect?
- What happens if I miss a dose of medication?
- Am I taking any herbal remedies, vitamins, supplements, or teas that could interact with my HF medication?

Lifestyle

- What are the most important lifestyle changes I can make to manage my HF?
- · Are there any off-limit activities?

