

TEAMING UP

WITH YOUR DOCTOR

TO TACKLE HEART VALVE HEALTH

Kick off an important conversation with your doctor using this helpful guide to recognize and assess your risk of heart valve disease. Start by answering the questions below and be sure to bring both pages with you, either printed or on your phone.

Are you a caregiver?

Help your loved one answer the following questions. Teamwork can be a real lifesaver.



Compared to 6 months ago, do you still participate in the daily activities and hobbies you have always enjoyed? (long walks, golf, cooking, tailgating, going to the store, etc.)

- Yes, my everyday routine hasn't changed
- I have slowed down a bit, but I'm still pretty active a few days a week
- No, I 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

Do you or your family have a 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 a while
- No
- I'm not sure

Ever had an echocardiogram, a simple heart ultrasound?

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

GET HEART VALVE HEALTH

**OFF THE
SIDELINES**

WAITING IS NOT WINNING

Ask your doctor about your risk of heart valve disease

One of the most common types of heart valve disease is aortic stenosis. If left untreated, it can progress to severe aortic stenosis, also known as heart valve failure.

From the time symptoms start,

UP TO 50%

of people with heart valve failure may die within 2 years without treatment.

Share your symptoms

Use the responses on the first page to let your doctor know exactly what your symptoms are and how long they've been going on. If you don't have any symptoms, share that, too.

Share your medical history

Heart valve failure doesn't always start off with symptoms, so it's important to tell your doctor the whole story, including medical history.



Ask about an echocardiogram

A routine screen with an echocardiogram should be the game plan for everyone over 65—it's the standard diagnostic test for heart valve failure.

Echocardiograms are:



Pain-free



Helpful with detection



Over in as little as 20 minutes

Ask about treatment options

If you have been diagnosed with heart valve failure or another type of heart valve disease, talk to your doctor about treatment options like a transcatheter procedure, open heart surgery, or medical management.

Add any questions, notes, or additional symptoms
