

TEAM UP

WITH YOUR DOCTOR

TO TACKLE HEART VALVE FAILURE

Kick off an important conversation with your doctor. Use this guide to spot changes in your health and understand your risk of heart valve failure (severe aortic stenosis)—a serious form of heart valve disease that impacts millions.

Start by answering the below questions, and be sure to bring both pages with you to your next appointment.

Are you a caregiver?

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

Compared to 6 months ago, are you still doing the activities you enjoy?

(e.g., walking, playing golf, cooking, tailgating, going to the store)

- Yes, my routine hasn't changed
- I've slowed down a bit, but I'm still active a few days a week
- No, I've had to cut back a lot

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 when lying down
- Feeling faint or lightheaded
- Feeling dizzy
- Heart fluttering or heart skipping a beat
- Heart beating quickly at times
- Chest pain
- I don't have any symptoms right now

How long have these symptoms been happening?

- Less than 1 month
- 1-3 months
- More than 3 months
- I don't have any symptoms right now

Do you or a family member have a history of a heart condition?

- Yes
- No
- I'm not sure

Have you ever been told you have a heart murmur?

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

Have you 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

*No symptoms doesn't mean no problem. That's why heart valve screenings are so important.

GET HEART VALVE HEALTH

OFF THE SIDELINES

WAITING IS NOT WINNING

Ask your doctor about your risk for heart valve failure

Heart valve failure can worsen quickly and without warning. Stay ahead of it by asking your doctor to check your heart valves regularly.

Share your symptoms

Use the answers on page 1 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 is a deadly opponent. Your personal stats can help determine your risk. Simply being 50 or older can increase your chances of developing it.



Ask your doctor to listen to your heart

Doctors use a stethoscope to listen for heart murmurs. A murmur might be the first—and sometimes only—sign of heart valve failure.

If a murmur is heard, your next step is to ask for an echocardiogram (echo)—a simple test that could help save your life.

Echos are:



Pain-free



Helpful for diagnosis



Over in as little as 15 minutes

Ask about treatment options

If you are diagnosed with heart valve failure or another type of heart valve disease, talk with your doctor about your options. These may include a transcatheter procedure, open heart surgery, or medical management.

Add any questions, notes, or other symptoms
