



Is it time for a
heart-to-heart?

Your discussion guide for conversations with your doctor

Recognise the symptoms.

Describe your experience.

Get your heart checked.¹










Edwards



Is it time for a heart check?

I do not do as much as I used to because I...

-  ...get out of breath easily
-  ...notice I have to stop walking to catch my breath
-  ...get out of breath just walking up the stairs or walking from my car
-  ...feel dizzy
-  ...start to feel tired
-  ...get chest pain
-  ...notice my heart beating quickly or skipping a beat

When did you start to notice these symptoms?

(for example, a couple of weeks ago while sailing, someone pointed out how tired I was getting)

Do these symptoms last all day or only happen at specific times?

(for example, only when working on the boat or in the afternoon)



If you have experienced any of the symptoms above, make an appointment with your doctor soon.

Is it time for a heart check?

My family / friends are worried about my health because they have noticed I am...



...more breathless



...more tired



...less active



... fainting



...getting swollen ankles and/or feet



...notice I have to stop walking to catch my breath



...okay one minute and suddenly feel faint or dizzy the next

When did you start to notice these symptoms?

(for example, a couple of weeks ago while sailing, someone pointed out how tired I was getting)

Do these symptoms last all day or only happen at specific times?

(for example, only when working on the boat or in the afternoon)



If your family and friends have noticed any of the above, make an appointment with your doctor soon.

Your heart history



1. Compared with 6 months ago, do you still do the daily activities and hobbies you have always enjoyed?

- Yes, my daily routine has remained the same
- I have slowed down a bit, but I am still active
- No, I used to do more



2. Do you have a family history of heart conditions?

- Yes
- No
- Not sure



3. Has a doctor ever listened to your heart with a stethoscope?

- Yes, less than a year ago
- No
- Yes, more than a year ago
- Not sure

If you answered yes to **question 3**:
Have you been told you have a heart murmur?

- Yes
- No
- Not sure

Questions to ask your doctor



About your symptoms

- What do my symptoms mean?
- What do I do if I experience any symptoms of AS?
- How does my heart sound when you listen to it with a stethoscope?
- Do I have a heart murmur?
- How do I know if my symptoms are getting worse?
- What should I do if my symptoms get worse?
- Is there anything I can stop or avoid doing to make my symptoms better?
- How can I get back to doing the daily activities and hobbies that I have had to stop or reduce?



What happens next

- Do I need to come back and see you? If so, when?
- Do I need any tests?
- Do I need to be tested for AS?
- What types of tests will I need to go through for diagnosis?
- Are there any activities I need to stop doing while I wait for my test results?
- How will I get the results?
- Who do I contact if I do not get the results?

Ask to have your heart checked



Fill in the blanks below based on your previous answers to help you have an important conversation with your doctor about your heart health that clearly communicates your experience.

1. I have made the appointment because

2. I have experienced these symptoms in the past 6 months

3. Compared with 6 months ago



4. I have a family history of heart disease

(tick the option that applies)

- Yes No Not sure

5. My doctor...

(tick the option that applies)

- ...has not listened to my heart with a stethoscope in the last 6 months

If you ticked this option, ask your doctor:

“Can you listen to my heart with a stethoscope and reassure me that you don’t hear a heart murmur?”

- ...carried out a stethoscope examination in the last 6 months

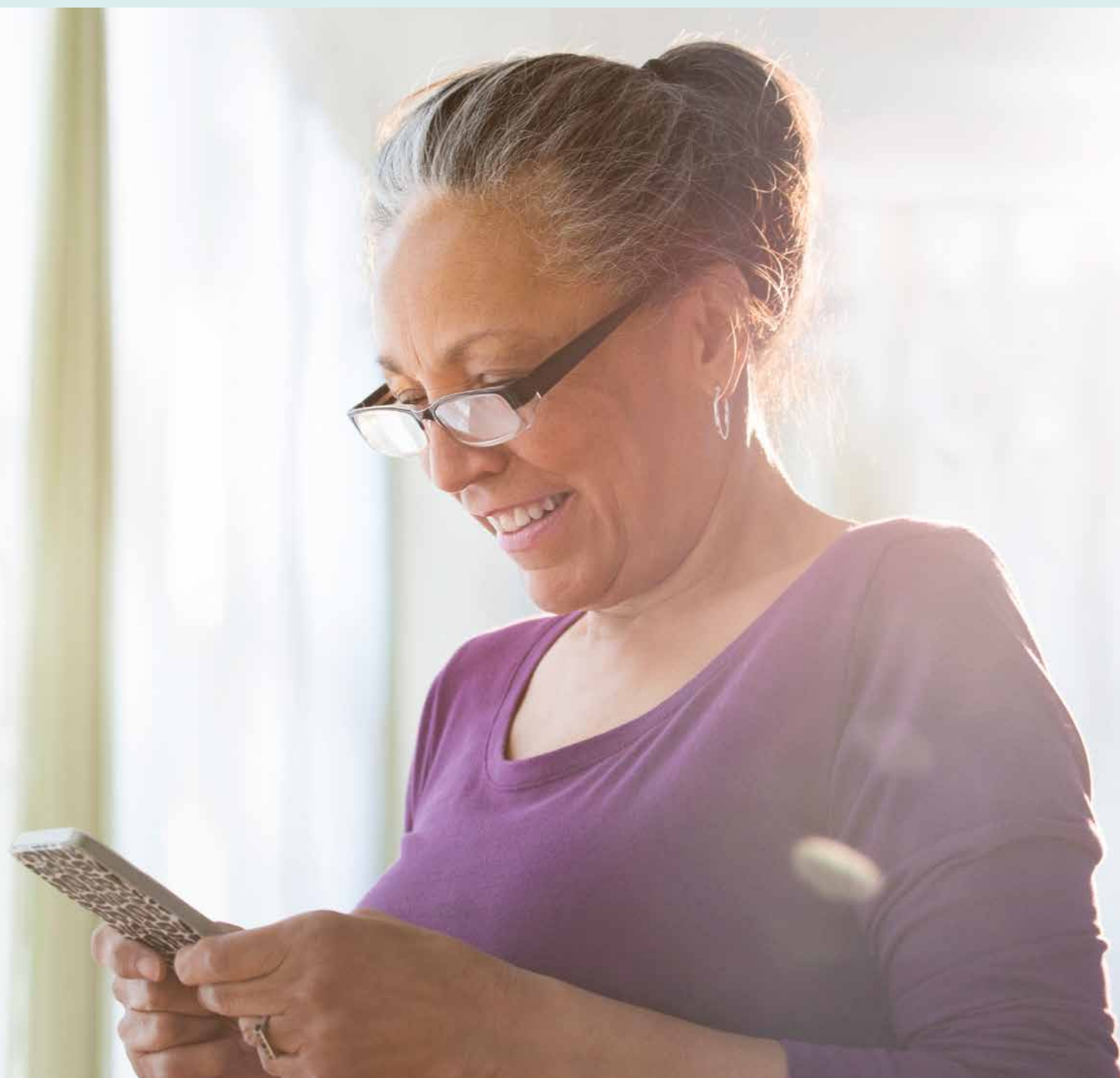
If you ticked this option, ask your doctor:

“I was / was not / can not remember (select the option that applies)...

... if I was told I have a heart murmur last time my heart was listened to. Can you listen to it again and reassure me that you do not hear a heart murmur?”

Preparing for your appointment over phone or video

If your doctor's appointment is going to be over the phone or via video, there are simple steps you can take to make sure you get the most out of it.



Top tips for phone or video appointments



1. Check whether it is a phone call or an online video call



A 'virtual appointment' or 'online consultation' or a website link means it is an online video call

3. Give yourself plenty of time to get set up



Turn on your computer, laptop, tablet or mobile phone ahead of the appointment

2. Pick a good spot



Choose a quiet private place where you won't be disturbed and where you will feel comfortable

4. Complete this sheet a day before your appointment, and have it to hand



You can use it to make sure you have covered everything you want to say and ask



If it is a phone appointment, ensure your landline or mobile connection is working beforehand



Remember, your doctor can not do any physical checks during phone and video calls, so describing your symptoms in detail is really important



If it is a video appointment, check your internet connection is working



Remember...

...do not be afraid to ask your doctor to listen to your heart with a stethoscope

Ask: *“Could you listen to my heart and reassure me that I do not have a heart murmur?”*

...if you do not understand any words, ask the doctor to write them down and explain them to you

...if your doctor detects a heart murmur, before leaving your appointment, check what happens next

Ask: *“If I have symptoms and a heart murmur, will I be sent for tests to check for AS?”*



Do not let aortic stenosis to go unheard



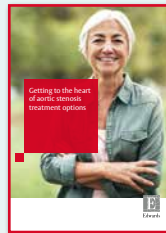
Discover further AS resources:



Disease awareness



Symptom tracker



Treatment options



What is TAVI?



Carer tips



Scan the QR code



References:

1. Grimard BH, Larson JM. *Am Fam Physician* 2008;78(6):717–724.
2. Lindman BR, et al. *Nat Rev Dis Primers* 2016;2:16006.
3. American Heart Association. Aortic Stenosis Overview. Available at: <https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-aortic-valve-stenosis> (accessed November 2023).
4. Nishimura RA, et al. *JACC* 2014;63(22):2438–2488.



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