

Doctor's Discussion Guide

We've all been there. You go to your doctor with a lot of questions, and leave forgetting to ask at least one of them. This Doctor's Discussion Guide can help you make the most of your time with your doctor, and get the answers you need.

Some things to discuss with your doctor when choosing a therapy:

⊗ What is happening in my body?

⊗ How will it impact my family and career and life?

⊗ What are my treatment options?

⊗ Will this therapy interfere with my lifestyle?

⊗ What will I gain if I choose this treatment?

⊗ What are my alternatives?

⊗ What kind of side effects might I expect?

Some things to watch and discuss with your doctor when you are on a therapy:

⊗ Have my symptoms gotten better or worse?

⊗ Can I exercise?

⊗ What should I know about diet? Any restrictions?

⊗ Additional questions:

⊗ Am I a candidate for cardiovascular rehabilitation?

⊗ Will any treatment I'm prescribed interact with any other medications, herbs, vitamins or supplements I'm taking?

Remember to also bring your **Self-Assessment Survey** to your doctor's appointment as well, and tell them about any changes in your condition or side effect concerns.