

## QUESTIONS TO ASK YOUR DOCTOR IF YOU ARE AT RISK OF HEART FAILURE

Doctor's appointments can be stressful and it can often be hard to remember all the questions that you wanted to ask. Here are some questions that you may want to ask your doctor about heart failure. Bring this sheet along to your next appointment so you can make sure you get answers to your most important questions.



- 1 What are the main risk factors for heart failure?
- 2 What symptoms should I be looking out for?
- 3 What can I do to reduce my risk of heart failure?
- 4 Are there any lifestyle changes I should make?
- 5 What tests will I need and what will they show?
- 6 Can I have a copy of my test results?
- 7 Where can I get more information about reducing my risk of heart failure?
- 8 Do I need to make my next appointment before I leave?

## SYMPTOMS OF HEART FAILURE<sup>1</sup>



Shortness of  
breath



Swollen ankles,  
legs, or abdomen



Tiredness or  
fatigue



Rapid or irregular  
heartbeat



Lack of appetite  
and nausea



Persistent cough or  
wheezing



Difficulty concentrating  
or confusion

**Yes 2 Life**

[www.yes2life.co.za](http://www.yes2life.co.za)

**Reference:** 1. American Heart Association. Warning signs of heart failure. c31/5/2017. Accessed 19/1/2021.  
Available from <https://www.heart.org/en/health-topics/heart-failure/warning-signs-of-heart-failure>

This document is intended for members of the general public and people living with heart failure. For more information, visit [www.yes2life.co.za](http://www.yes2life.co.za)

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