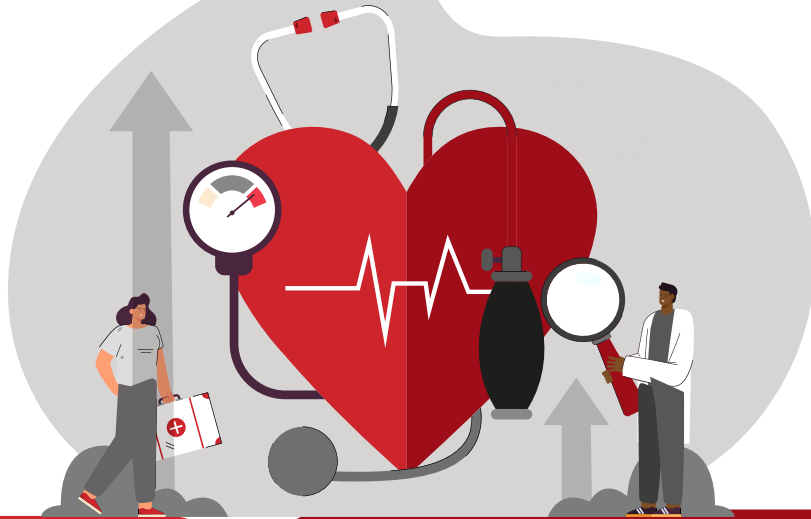




American Heart Association.



## Tips for Talking to Your Doctor About ASCVD

### Important Questions for Your Doctor

This is a guide for how to talk to your doctor about ASCVD (Atherosclerotic Cardiovascular Disease). Review this **BEFORE, DURING** and **AFTER** your doctor's appointment.

### BEFORE YOUR APPOINTMENT:

Think about what you want to achieve during your next visit:

- **List** current medications, medical history, surgeries, and relevant family history
- **Note** any unusual symptoms or changes in your health for discussion
- **Make a list of questions** you want to ask your doctor
- **Print or download** this sheet
- **Consider bringing a loved one with you** to take notes, ask questions and help you understand what your doctor says



### DURING YOUR APPOINTMENT:

Listen actively, take notes, and ask questions. If there's anything you don't understand, make sure to ask for clarification.

#### 3 Questions for Your Doctor

1. What does ASCVD mean and how does it affect my heart health?

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2. How do I lower my risk of heart disease and stroke?

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3. Are you prescribing me any new medications? If so, what potential side effects should I be aware of?

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### AFTER YOUR APPOINTMENT:

Reflect on the discussion, review materials provided and follow your doctor's instructions on the recommended treatment plan, medications, and lifestyle changes. **Call your doctor if:**

- Your symptoms, if any, have gotten worse
- You experience side effects or problems with your medications
- You receive new prescriptions from other members of your health care team or start taking any over-the-counter medications
- You haven't received the results of any tests you've had. Don't assume that no news is good news—be proactive
- You don't understand your test results

Talk to your doctor about steps you can take to reduce your risk of future heart attacks or strokes. Don't forget to schedule follow-up appointments to monitor progress and address any concerns. Learn more at [heart.org/cholesterol](https://heart.org/cholesterol)