



American
Heart
Association.



Tips for Talking to Your Health Care Professional About ASCVD

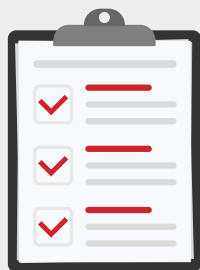
Use this guide **BEFORE**, **DURING** and **AFTER** your doctor's visit to talk about ASCVD (atherosclerotic cardiovascular disease).

BEFORE YOUR APPOINTMENT:

Think about what you want to talk about and bring this to your next visit:

- **List** of medications you take
- Your **medical** and **surgical history**
- Any **family history of heart disease**
- Note about **new** or **unusual symptoms**
- **Questions** you want to ask
- Printed or downloaded copy of this sheet

Consider bringing a family member or friend to help take notes and support you.



DURING YOUR APPOINTMENT:

Listen closely, take notes and ask questions. If something isn't clear, ask your health care professional to explain it in a simpler way.

- What is ASCVD and how does it affect my heart health?
- What steps can I take to lower my risk of heart disease, stroke and peripheral artery disease (PAD)?
- Are you prescribing me any new medications? If so, what side effects should I watch for?
- What healthy lifestyle habits could support my heart health?

AFTER YOUR APPOINTMENT:

Review the information you received and follow the treatment plan you discussed, including medications and lifestyle changes.

Reach out to your health care professional if:

- Your symptoms change or get worse
- You notice side effects from your medications
- You start new prescriptions from other members of your health care team or start taking over-the-counter medications or supplements
- You haven't received your test results — it's OK to check in rather than assume everything is fine.
- 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. Learn more at heart.org/cholesterol