

Guide for Talking to Your Doctor

Aortic stenosis doesn't wait and you shouldn't either. Getting diagnosed right away and exploring treatment options are important steps in protecting your health.

Start the conversation off right by bringing this guide to your next doctor's appointment. It is important to tell your doctor as soon as you experience any of these symptoms or your symptoms worsen.

I have been diagnosed with aortic stenosis

I am experiencing the following symptoms (tick all that apply):

- Chest pain or tightness
- Shortness of breath
- Lightheadness or dizziness
- Fainting
- Heart palpitations
- Swollen ankles or feet
- Difficulty walking short distances
- Sensations of a rapid or irregular heartbeat
- I no longer engage in physical activities that I used to enjoy doing 6 months ago

Please list any additional symptoms you may be experiencing:

Your doctor may need to know more about the symptoms you have been experiencing and how they may have changed or worsened over the last 6 months. Check one:

- I have not experienced any symptoms
- I have experienced symptoms and they have stayed the same
- I have experienced symptoms and have they have worsened over the last 6 months

What activities could you do six months ago that you cannot do today?

What medications are you currently taking and for what reason?

Important questions to ask your doctor

When you visit your doctor, it's important to mention even minor symptoms or changes to your daily routine, as this may be a sign of aortic stenosis or your aortic stenosis getting worse.

Below are additional questions to ask your doctor. Talking through your answers with your doctor may help you receive a timely diagnosis and put you on the path for the best treatment option.

- I am experiencing one or more symptoms of aortic stenosis, what should I do?
- How is aortic stenosis diagnosed?
- What types of tests will I need to go through for diagnosis?
- If I am diagnosed with aortic stenosis, how frequently will I need follow-up appointments?
- If my aortic stenosis is severe, what are my treatment options?
- What types of tests will I need to go through for determining the best treatment option for me?
- Am I a candidate for transcatheter aortic valve implantation (TAVI)?
- Should I see a specialized Heart Team who can evaluate me for all my treatment options for aortic stenosis?

Additional questions to ask your doctor? Write them down here:

Getting diagnosed right away and exploring treatment options for heart valve disease are important steps in protecting your health. Visit www.newheartvalve.co.nz to explore more resources to help you talk to your doctor and to prepare for visits with your healthcare team.

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