

Doctor Discussion Guide

Your heart health and COVID-19



Once you've been referred for aortic valve replacement, receiving treatment is essential. Recently, the Centers for Medicare and Medicaid Services created guidelines to help your doctors prioritize patients who require non-COVID, non-emergent attention.¹ Your local hospital may be performing aortic valve replacement – the only effective way to treat severe aortic stenosis (SAS) – including transcatheter aortic valve replacement (TAVR). The Heart Team in your area is ready to help.

Because your normal routine may have changed during the COVID-19 outbreak, it's extremely important to pay special attention to your symptoms and communicate with your Heart Team doctor weekly so they can monitor your symptoms and schedule your treatment at the right time.

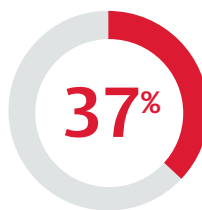
Connect with your Heart Team doctor weekly

Many of your doctors are using telehealth to stay in touch with their patients. Use this guide to talk with your Heart Team doctor on weekly calls to let them know when you experience any of these symptoms or if your symptoms worsen. It's important to talk to your doctor about minor symptoms or changes in your daily routine, as this may be a sign your SAS is getting worse.

- I have been referred for open heart surgery
- I have been referred for TAVR

Symptoms are not always obvious

That is why it's so important to check in with your local Heart Team doctor on a weekly basis to monitor your aortic stenosis.



Studies have shown that while many patients initially report no symptoms, after closer examination, 37% do have symptoms²

Your Heart Team doctor may need to know more about the symptoms you have been experiencing and how they may have changed or worsened over the past 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 they have worsened over the last 6 months

Weekly check-in with your Heart Team doctor

You can use this symptom tracker to rate how often you experience each symptom. Make copies, or use your own notebook, and complete it weekly before you talk with your doctor.

Date:

/ /
Month Day Year

Fatigue

Never Occasionally Often Always

Shortness of breath

Never Occasionally Often Always

Chest pain

Never Occasionally Often Always

Difficulty walking short distances

Never Occasionally Often Always

Swollen ankles and feet

Never Occasionally Often Always

Not engaging in activities you used to enjoy because of symptoms

Never Occasionally Often Always

Feeling dizzy or lightheaded

Never Occasionally Often Always

Difficulty sleeping

Never Occasionally Often Always

Fainting

Never Occasionally Often Always

Rapid weight gain

Never Occasionally Often Always

Irregular or rapid heartbeat

Never Occasionally Often Always

Dry cough

Never Occasionally Often Always

Important questions to ask your Heart Team doctor:

Below are questions to ask when you call your Heart Team doctor for your weekly check in.

- Can I wait until after the time of COVID-19 to get treatment?
- What are the risks of putting off treatment for me?
- How safe is treatment during the COVID-19 pandemic?
- Can my procedure be done on an outpatient basis to limit my potential exposure to the virus?
- Can a family member or care partner accompany me to my procedure?
- What is your facility's social distancing policy for medical professionals? How will this affect my stay in your facility?
- What information and resources are you sharing with your other patients that would be helpful for me right now?
- How can I tell if what I'm feeling is due to normal aging or to symptoms from aortic stenosis?
- How soon will I need a valve replacement?

Additional questions to ask your Heart Team doctor:

Below are additional questions to ask when you call your Heart Team doctor for your weekly check in.

Please list any additional symptoms you may be experiencing:

What medications are you currently taking and for what reason?

What activities do you find increasingly difficult? (previous to or during COVID-19)

Are there any changes in your daily routine due to symptoms?
