



CORMEUM

9 Questions to Ask Your Provider After a Congestive Heart Failure Diagnosis

1. What caused my heart failure?

2. How severe is my heart failure?

3. What is my treatment plan?

- Which medications will I be taking?
- Are there any over-the-counter medicines or supplements should avoid?
- How can I manage the side effects of my medications?
- Am I a candidate for cardiac rehab?
- What test should I get and when?

4. What lifestyle changes will have the most significant impact, given my condition/progression?

- What diet should I follow?
- How much water should I drink every day?
- Is it OK to drink alcohol in moderation?
- Can you help me find a heart failure nutritionist?
- Should I try to lose weight?
- How much exercise is recommended for my condition?

5. How can I best manage my condition at home?

- What happens if I slip back into my unhealthy habits?
- How can I stay motivated to stick to a heart-healthy lifestyle?
- What's the best way to manage my medication schedule?

6. How often do I need to come in for visits or treatment?

7. What symptoms would trigger a doctor's appointment or trip to the emergency department?

8. Are there any activities that I should not do?

9. What should I do if I start feeling sad or anxious about my diagnosis?