



Advice
for angina
patients

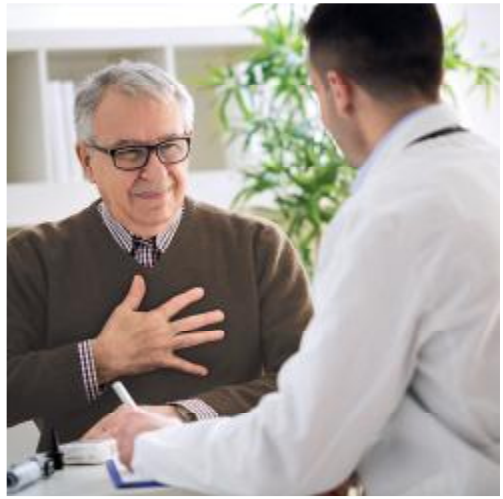
How to Prepare Your Medical Visit?

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What to tell your doctor?



Your doctor is likely to ask you a number of questions. Being ready to answer them may save time that you can spend going over other points you may want to address.



What to ask your doctor?

Your time with your doctor is limited, so preparing a list of your questions and the medications you are taking will help you make the most of your time together.

Be ready to answer the following questions:

- Did you experience angina symptoms during the last week/ month?
- Is it pain? Discomfort? Tightness? Pressure? Sharp? Stabbing? Fatigue? Breathlessness?
- Where is the pain located? Does the pain spread to your neck and arms? Is it in a specific area or more generalized?
- How and when did the pain start? Did something specific seem to trigger the pain? Does it start gradually and build up or start suddenly?
- How long does it last?
- What makes symptoms worse? Activity? Breathing? Body movement?
- What makes symptoms disappear? Rest? Deep breath? Sitting up?
- Do you have other symptoms with the pain, such as nausea or dizziness?
- Do you have trouble swallowing?
- Do you often have heartburn? (Heartburn can mimic the feeling of angina)

How many times per week do you experience angina symptoms?

0 1-2 3-4 5-6 every day

What are the characteristics of the symptoms?

Chest pain Chest discomfort Tightness
 Sharp Pressure Fatigue
 Stabbing Breathlessness

These symptoms appear:

after physical exercise during cold or hot weather
 after emotional stress at rest
 after food intake
 other _____

How long do the symptoms last?

less than 1 min 1-2 min 2-5 min more than 5 min

What makes symptoms disappear?

rest nitroglycerin (NTG) tablets or spray other

What is your blood pressure at home? ____/____mm

Count your heartbeat: ____beats/min

What to ask your doctor?

Here are some basic questions you can ask your doctor:

- Is it possible to get rid of my symptoms?
- What treatments are available and what do you recommend?
- How often do I need to follow up with you about my angina?
- What kinds of tests will I need? How do I need to prepare for these tests?
- What's an appropriate level of physical activity?
- I have other health conditions. How can I best manage these conditions together?
- What foods should I eat or avoid?
- What's the most likely cause of my symptoms?
- Are there any brochures or other printed material that I can take home with me? What websites do you recommend visiting?

List your questions here

List any medication you are taking
