

UNDERSTANDING YOUR TREATMENT OPTIONS

Your doctor will work with you and a team of specialists to assess your current condition and determine the best treatment options for you. It's important for you to understand and participate in the development of your treatment plan. Listed below are some topics you may want to discuss at your next appointment. Use the space provided for additional questions or notes.

Your Current Condition

- Talk through the results of any tests your doctor has performed: electrocardiogram (ECG), echocardiogram (ECHO), magnetic resonance imaging (MRI), X-ray and/or cardiac catheterization.
- Ask about the severity of your heart valve disease and how it's affecting the function of your heart.
- Let your doctor know if you've been sick or are experiencing other conditions that may interfere with your treatment.

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Treatment Options

- Have an open discussion about the advantages and disadvantages of tissue and mechanical heart valves to find out what may be best for you.
- Talk through the procedure: how long it will take, your recovery period and what to expect when you return home.
- Go over medications that you will be taking before and after surgery, particularly if you need anticoagulation medication after receiving a mechanical heart valve.

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What You Can Do Now

- Ask your doctor what you can do to avoid aggravating your heart valve disease as you await surgery. Find out what you'll need to avoid or be careful doing after your surgery.
- Talk about healthy lifestyle changes that could help your recovery and your overall heart health.

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