


Many people share that they don't know what questions to ask your health care team. Here are some common ones that might help you get started:

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- What type of heart failure do I have?
 - Is my heart failure considered mild, moderate or severe?
 - I understand heart failure gets worse (progresses) over time. What should I expect in the short term? What about over the long term?
 - How will heart failure affect various parts of my life - being able to work, care for kids/grandchildren, do housework, travel, etc.?
 - Are there things I should be measuring at home - my daily weight, how well I'm able to do daily activities, and what about blood pressure or heart rate?
 - How will I know if my heart failure is getting worse?
 - If I notice weight gain, at what point should I call you?
 - Can I safely exercise? Which physical activities are best for me? How much exercise should I be doing?
 - How much salt should I consume daily? Do you have any good advice for how to cut down on my salt intake?
 - Do I need to limit how much water or other fluids I drink each day?
 - Can you tell me why I'm on each medication and how they work together to manage my heart failure and ease the stress on my heart?
 - Are there side effects I should be worried about? What about drugs that could interact?
 - Am I able to enroll in cardiac rehabilitation?
 - How often should I be seeing you about my heart failure?
 - At what point will I need a pacemaker or defibrillator?

Notes/other questions I have:
