

Maximize Your Minutes With Your Doctor *Getting to the Heart of the Matter*

After urgent treatment for a heart attack, you need to discuss lifestyle changes and treatment options with your cardiologist, as well as share your fears advises **BeWell expert and women's health specialist Dr. Marianne Legato**. Recent research shows that consumers also want to discuss alternatives and risks before making decisions on medications and treatment. To maximize the time spent with your doctor and get this important information, Dr. Legato encourages patients to prepare a list of concerns in advance and ask questions like:

1. **How serious was the damage to my heart? What are the short- and long-term implications of this damage?**

2. **Have I had, or will I need surgery to open my coronary arteries?**

3. **Do I need to have any tests done at this time, and if so, when will the results be available? How will these results affect treatment, and when can we discuss them?**

4. **What's the right combination of medication, diet, and exercise for me? Should I lose any weight?**

5. **Does my blood pressure, cholesterol and blood sugar need to be monitored and if so, how frequently?**

6. **Can the stress I experience at home and/or work affect my recovery period? How can I better manage this stress?**

7. **Can I continue with my social activities (*advise the doctor about your specific activities*)? Are there any I should avoid?**

8. **How often should I have an appointment with you? Are you also available to answer my questions by phone or email?**

9. **Additional questions I want to ask the doctor:**
