

# ACP | Questions To Ask Your Doctor

**Here are some questions you might discuss with your healthcare professional**

■ What type of heart failure do I have?

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■ How will I know if my heart failure is getting worse?

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■ How can I know what caused my heart failure?

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■ When should I call 911?

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■ Are there any health checks (weight, blood pressure, pulse) I should be doing? Which and how often?

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■ Do I need to lose weight? What's the best way for me to lose weight?

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■ If I notice weight gain, at what point should I call you?

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■ What physical activities are best for me?

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■ Can I exercise safely on my own? How much exercise do I need?

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■ How much salt can I eat daily?

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■ How much water and fluids should I drink each day?

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■ Which medicines will I be taking for my condition, and what does each one do?

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■ Do I need to worry about my medicines interacting with other medicines?

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■ How often should I have my heart checked?

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■ How do I plan in advance for my care if I get very sick?

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