

# Patient information from BMJ

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## Heart failure: questions to ask your doctor

**If you've been told you have heart failure, you may want to talk to your doctor to find out more.**

Here are some questions that you might want to ask:

- Why did I get heart failure?
- What does heart failure mean? How does it differ from a heart attack?
- Will I have a heart attack?
- Will I get better?
- What's the best treatment for me?
- Will I need to have treatment for the rest of my life?
- What are the side effects of treatment? How can I cope with them?
- Will I need surgery?
- Do I have to stop any activities, such as playing tennis or swimming?
- Can I still have sex?
- Should I change what I eat? If so, how? What should I avoid eating?
- Is it safe for me to drive?

If you smoke, you may want to ask your doctor:

- Will it help if I quit smoking?
- Where can I find someone who can help me quit smoking?
- What treatments are available to help me quit?
- Is there a local support group I can join to help me quit?

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