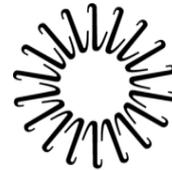


How to Communicate with Physicians about Heart Disease



Cardiovascular Institute

Rhode Island Hospital • The Miriam Hospital

Lifespan Partners

Center for Cardiac Fitness

Cardiac Rehab Program

The Miriam Hospital

Have Reasonable Expectations

- **Honesty**
- **Answer questions thoroughly**
- **Understandable explanations**
- **Specific instructions**
- **Accessibility**
- **Respect**
- **Privacy**
- **Medical Advances**

Define Goals

- **What is the main reason for the appointment?**
- **Prepare for appointment accordingly**

Prepare Ahead

- **List of symptoms or problems**
- **Updated list of medications**
- **Know if you need Rx refills**

Maximize Your Time

- **Bring prepared list of questions**
 - Ask important ones first
- **Be realistic about time constraints**
- **Clarify information (rephrase)**

Record Important Information

- **Memory Effects**
- **Write it down**
- **Record it**
- **Bring a friend or relative**

Be Honest

- **Overcome embarrassment**
- **Give doctors the whole story**
- **Take responsibility for your health**

Take Charge of your Medical Information

- **Be your own historian**
- **Obtain copies of your medical records**

Addressing Problems

- **Use assertive communication**
- **Okay to get a second opinion**
- **Okay to change providers**

3 Important Points

- **Plan**
- **Record**
- **Advocate**