



## Advice for angina patients

---

# How to **prepare** your **medical visit**

*Prepared by Professor Giuseppe Rosano  
on behalf of the ESC Working Group.*

*Supported by Servier in the form of  
an educational grant*



**ESC**  
Working Group  
Cardiovascular  
Pharmacotherapy

# What to tell your doctor

---



Your doctor is likely to ask you a number of questions. Being ready to answer them may save time that you can spend going over other points you may want to address.



## What to ask your doctor

---

Your time with your doctor is limited, so preparing a list of questions will help you make the most of your time together.

# Be ready to answer the following questions:

- Did you experience angina symptoms during the last week/month?
- Is it pain? Discomfort? Tightness? Pressure? Sharp? Stabbing? Fatigue? Breathlessness?
- Where is the pain located? Does the pain spread to your neck and arms? Is it in a specific area or more generalized?
- How and when did the pain start? Did something specific seem to trigger the pain? Does it start gradually and build up or start suddenly?
- How long does it last?
- What makes symptoms worse? Activity? Breathing? Body movement?
- What makes symptoms disappear? Rest? Deep breath? Sitting up?
- Do you have other symptoms with the pain, such as nausea or dizziness?
- Do you have trouble swallowing?
- Do you often have heartburn? (Heartburn can mimic the feeling of angina)

**How many times per week do you experience angina symptoms?**

0     1-2     3-4     5-6     every day

**What are the characteristics of the symptoms?**

Chest pain                       Chest discomfort                       Tightness  
 Sharp                               Pressure                                       Fatigue  
 Stabbing     Breathlessness

**These symptoms appear:**

after physical exercise                       during cold or hot weather  
 after emotional stress                       at rest  
 after food intake  
 other \_\_\_\_\_

**How long do the symptoms last?**

less than 1 min     1-2 min     2-5 min     more than 5 min

**What makes symptoms disappear?**

rest     nitroglycerin (NTG) tablets or spray     other

**What is your blood pressure at home?** \_\_\_\_/\_\_\_\_ mm

**Count your heartbeat:** \_\_\_\_ beats/min

# What to ask your doctor

## **Here are some basic questions you can ask your doctor:**

- Is it possible to get rid of my symptoms?
- What treatments are available and what do you recommend?
- How often do I need to follow up with you about my angina?
- What kinds of tests will I need? How do I need to prepare for these tests?
- What's an appropriate level of physical activity?
- I have other health conditions. How can I best manage these conditions together?
- What foods should I eat or avoid?
- What's the most likely cause of my symptoms?
- Are there any brochures or other printed material that I can take home with me? What websites do you recommend visiting?

**List your questions here**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**List any medication you are taking**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

