BMJ Best Practice

Stable angina: questions to ask your doctor

If you've been told you have angina, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.

- Why do I get angina?

- Will I have a heart attack?

- Are there tests that can show my chances of having 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 or another type of procedure?

- Do I have to stop any activities, such as sport?

- Can I still have sex?

- Should I change what I eat? If so, how?

- Is it safe for me to drive?

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

- Where can I find help to stop?

- What treatments are there to help me stop?

- Is there a local support group I can join to help me stop?

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