

Patient information from BMJ

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Stable angina: questions to ask your doctor

If you've been told you have angina, you may want to talk with your doctor to find out more. It might help to make a list of questions before your appointment. You could also take notes during your visit. Or you might want to bring a close friend or relative with you to help you write down and remember what is being said.

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 treatments reduce my chances of having a heart attack?
- What treatment (or treatments) would you recommend for me?
- Will I need to have treatment for the rest of my life?
- What are the side effects of treatment?
- What can I do to help manage any side effects of treatment?
- Will I need surgery or another type of procedure?
- How do I know if my angina is getting worse?
- Do I have to stop any activities, such as sports?
- Can I still have sex?
- Should I change what I eat? If so, how?
- Are there any other lifestyle changes I can make to help my symptoms?
- Is it safe for me to drive?
- Are there any local support groups I could join, or anywhere to go for further information?

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

- Where can I find help to quit?

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- What treatments are there to help me quit?
- Is there a local support group I can join to help me quit?

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