



HOW TO ADVOCATE FOR YOUR HEALTH



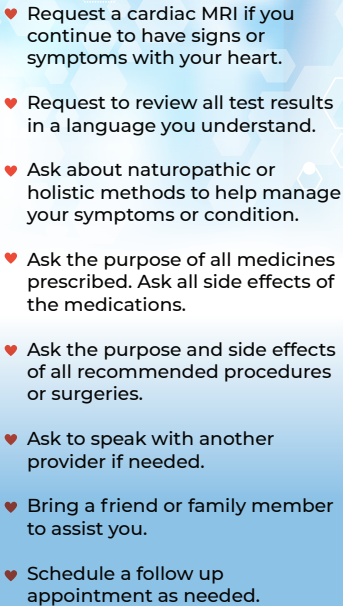
IOWA
PUBLIC
HEALTH
ASSOCIATION

MID-IOWA HEALTH FOUNDATION

HEALTH
CONNECT
FELLOWSHIP

- ♥ Share any family history of a heart condition or heart disease with your doctor.
- ♥ Ask your doctor to check your cardiac enzyme through a blood test. (Troponin test).
- ♥ Request a electrocardiogram (EKG) exam. It checks the electrical signals of the heart.
- ♥ Request an Echocardiogram to see an image of the health of your heart.

MATTERS OF THE HEART

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- ♥ Request a cardiac MRI if you continue to have signs or symptoms with your heart.
 - ♥ Request to review all test results in a language you understand.
 - ♥ Ask about naturopathic or holistic methods to help manage your symptoms or condition.
 - ♥ Ask the purpose of all medicines prescribed. Ask all side effects of the medications.
 - ♥ Ask the purpose and side effects of all recommended procedures or surgeries.
 - ♥ Ask to speak with another provider if needed.
 - ♥ Bring a friend or family member to assist you.
 - ♥ Schedule a follow up appointment as needed.