

DO I HAVE CORONARY ARTERY DISEASE (CAD)?

If you think you are experiencing symptoms of a blockage in your heart arteries, or coronary artery disease (CAD), it's time to schedule an appointment with your healthcare provider to discuss your testing options. Prepare for your visit with this discussion guide.

Select the questions you'd like to discuss with your healthcare provider and indicate any notes below:

- Could CAD be causing my symptoms, or could it be a less serious condition?

- What are my testing options (blood test, EKG, stress test, etc.)?

- Which testing options are the most accurate in women?

- What is the safest and fastest way to help determine if CAD is the cause of my symptoms?

- What are the risks and benefits of my CAD testing options?

- How can I reduce the number of tests I need to take and limit my radiation exposure?

- How much does testing cost? Is the test covered by my insurance?

Tips for starting a conversation with your healthcare provider:

- Be as clear and precise about your symptoms as possible. Give your healthcare provider specific examples of what you're feeling (see our Symptoms Checklist to help you think through your symptoms).
- Be honest about your health habits. Even if you have bad habits, such as smoking or eating poorly, tell your healthcare provider so you can determine the true cause of your symptoms.
- Be open about any concerns you may have. Don't be afraid to ask your healthcare provider for alternative testing options and for a test that may be safer (no radiation exposure).
- Be confident about getting the information you need. Ask your healthcare provider to clarify anything you don't understand.