

Talking With Your Cardiologist

Becker Muscular Dystrophy and Heart Health

Changes May Happen Before You Notice Them

Becker can affect the heart muscle over time, sometimes before noticeable symptoms appear. Cardiologists can help monitor heart health, identify changes early, and guide your next steps.

Use this guide to help you prepare for your cardiology appointment, ask questions, and keep track of key information about your care.

Monitoring Your Heart Health



Regular heart monitoring is an important part of Becker care, even if you feel well. Your cardiologist may use tests such as an electrocardiogram (ECG), echocardiogram (Echo) or Magnetic Resonance Imaging (MRI) to look for changes in heart function over time.

Know your monitoring plan

Ask which tests you need, how often you need them, and what the results may mean for your care.

What test(s) did your cardiologist recommend?

☐ ECG

Note how often: _____

☐ Cardiac MRI

Note how often: _____

☐ Echo

Note how often: _____

☐ Other:

Note how often: _____

Symptoms to mention:

To see a full list of potential symptoms, visit the Living with Becker page on BeckerMuscularDystrophy.com

☐ Shortness of breath

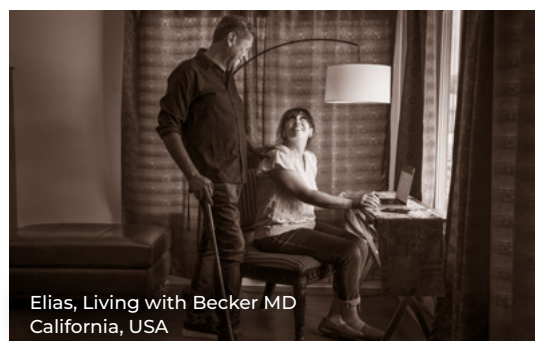
☐ Dizziness

☐ Racing or fluttering heartbeats

☐ Swelling in legs, feet, or ankles

☐ Increased tiredness

☐ Note other changes to share with your cardiologist here:



Elias, Living with Becker MD
California, USA

Even small changes are worth mentioning

Because Becker is rare, sharing specific symptoms and asking direct questions can help you have more meaningful conversations with your Becker care team.



Current Medications

Bring a list of any medications you take, including prescriptions, over-the-counter medicines, and supplements. List here:

Ask if there is anything else you can do to manage your heart health

Heart care should start before symptoms do

Get tips for protecting your heart health by scanning the QR code
or visiting **BeckerMuscularDystrophy.com/Resources**



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