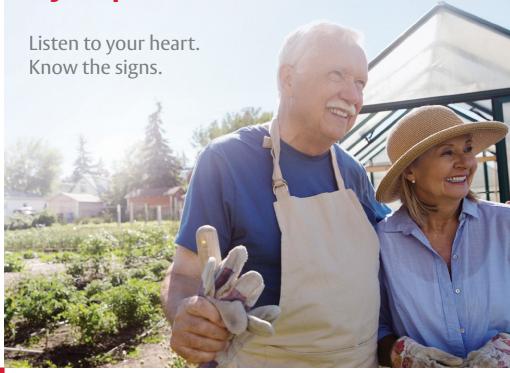
Your Aortic Stenosis Symptom Tracker



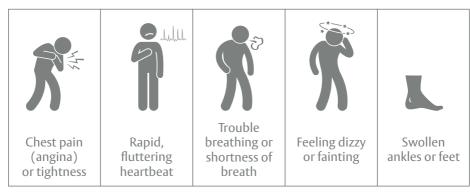
Track your heart health and together with your doctor, stand up to aortic stenosis.



Your **Aortic Stenosis Symptom Tracker** has been developed to help you monitor and record your symptoms. Understanding how your aortic stenosis impacts you and your lifestyle can help your doctor more readily assess the cause, severity and progression of your aortic stenosis.

Know the signs.

These are the symptoms of aortic stenosis: (1)

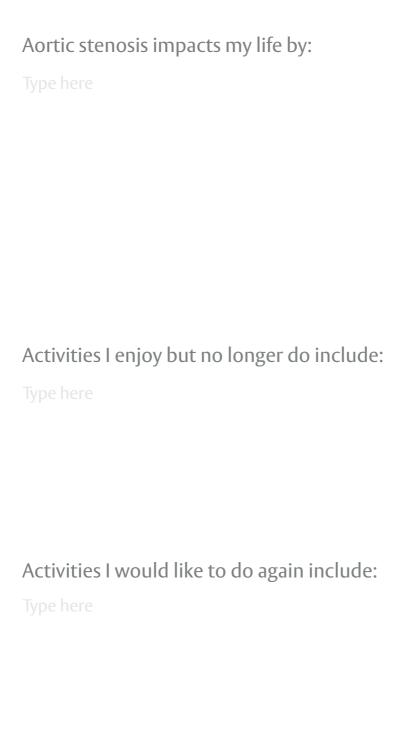


The symptoms of aortic stenosis are often dismissed as typical signs of aging and can be difficult to differentiate without close monitoring. (1) You are at increased risk (1) with symptomatic severe aortic stenosis so it is critical to understand your heart health and to report to your doctor if your condition deteriorates.

⁽¹⁾ Carabello BA. Introduction to aortic stenosis. Circ Res 2013;113:179–85.

How to use this symptom tracker

- 1. The first time you use this tracker, you may wish to write a few sentences on the next page, which describe how you feel your aortic stenosis impacts your life.
- 2. Starting with Day 1, please enter today's date in the first row at the top of the page.
- 3. For each row in the tables (e.g. Chest pain), please click a box that applies to you.
- 4. Write a few sentences at the end of the day to reflect on any symptoms or activities you felt were more impacted than usual.
- 5. You may wish to set an alarm on your phone or device (e.g. 7pm after dinner) to remind yourself to fill in your tracker each day.
- 6. Try to complete at least 14 days worth of monitoring so that your doctor can have a more complete picture of your symptoms.
- 7. Bring this tracker with you to your next doctor's appointment. You can also use this in combination with the Doctor Discussion Guide, available on NewHeartValve.com, to help you talk with your doctor about your aortic stenosis.



Symp	toms	None	Mild	Mod.	Severe
*	Chest pain (angina) or tightness				
Š	Rapid, fluttering heartbeat (palpitations)				
\$ *	Trouble breathing or shortness of breath, especially during activity				
Ť	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Severe
<u> </u>	Difficulty walking short distances	√	1	√	V
احثا	Difficulty sleeping or needing to sleep sitting up				
•	or needing to sleep sitting up				
ığı	Reduced physical activity				
uir K					

Symp	toms	None	Mild	Mod.	Severe
5 **	Chest pain (angina) or tightness				
Š	Rapid, fluttering heartbeat (palpitations)				
*	Trouble breathing or shortness of breath, especially during activity				
K	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Severe
í.					
	Difficulty walking short distances			V	\checkmark
				√ √	√ √
	distances Difficulty sleeping			√ √	√ √
	distances Difficulty sleeping or needing to sleep sitting up				✓ ✓ ✓

Symp	toms	None	Mild	Mod.	Severe
5 **	Chest pain (angina) or tightness				
	Rapid, fluttering heartbeat (palpitations)				
**	Trouble breathing or shortness of breath, especially during activity				
K	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Severe
				l Wied.	Severe
\$	Difficulty walking short distances	√	√	√	Jevere
		✓ ✓	√ √	√ √	Severe
	distances Difficulty sleeping	✓ ✓	√ √	✓ ✓	Jevere
	distances Difficulty sleeping or needing to sleep sitting up	✓ ✓ ✓	√ √ √	✓ ✓ ✓	Severe

Symp	toms	None	Mild	Mod.	Severe
*	Chest pain (angina) or tightness				
	Rapid, fluttering heartbeat (palpitations)				
\$ **	Trouble breathing or shortness of breath, especially during activity				
Ť	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Severe
Lifest	yle factors Difficulty walking short distances	None	Mild	Mod.	Severe
Lifest	Difficulty walking short	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping or needing to sleep sitting up	None	Mild	Mod.	Severe

Symp	itams	None	Mild	Mod.	Severe
Зупір	tons	None	IVIIIU	Mou.	Severe
5 **	Chest pain (angina) or tightness				
Š	Rapid, fluttering heartbeat (palpitations)				
\$ **	Trouble breathing or shortness of breath, especially during activity				
Ť	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
_				_	
Lifest	yle factors	None	Mild	Mod.	Severe
Lifest	yle factors Difficulty walking short distances	None	Mild	Mod.	Severe
Lifest	Difficulty walking short	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping or needing to sleep sitting up	None	Mild	Mod.	Severe

Symp	toms	None	Mild	Mod.	Severe
5 **	Chest pain (angina) or tightness				
	Rapid, fluttering heartbeat (palpitations)				
**	Trouble breathing or shortness of breath, especially during activity				
K	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Covers
				iviou.	Severe
\$	Difficulty walking short distances	V	√	Wod.	Severe
		✓ ✓	√ √	Wod.	Severe
	distances Difficulty sleeping	✓ ✓	√ √	/ / / / / / / / / / / / / / / / / / /	Severe
	distances Difficulty sleeping or needing to sleep sitting up	✓ ✓ ✓	√ √ √	/ / / / / / / / / / / / / / / / / / /	Severe

Symp	toms	None	Mild	Mod.	Severe
5 **	Chest pain (angina) or tightness				
	Rapid, fluttering heartbeat (palpitations)				
*	Trouble breathing or shortness of breath, especially during activity				
Ť	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Severe
Lifest	yle factors Difficulty walking short distances	None	Mild	Mod.	Severe
Lifest	Difficulty walking short	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping or needing to sleep sitting up	None	Mild	Mod.	Severe



Symp	toms	None	Mild	Mod.	Severe
Эупр	toms	None	Willia	Mod.	Jevere
5 **	Chest pain (angina) or tightness				
J	Rapid, fluttering heartbeat (palpitations)				
\$ **	Trouble breathing or shortness of breath, especially during activity				
Ť	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifoct				1	
Lifest	yle factors	None	Mild	Mod.	Severe
Lifest \$	yle factors Difficulty walking short distances	None	Mild	Mod.	Severe
	Difficulty walking short	None	Mild	Mod.	Severe
	Difficulty walking short distances Difficulty sleeping	None	Mild	Mod.	Severe
	Difficulty walking short distances Difficulty sleeping or needing to sleep sitting up	None	Mild	Mod.	Severe

Symp	toms	None	Mild	Mod.	Severe
5 **	Chest pain (angina) or tightness				
	Rapid, fluttering heartbeat (palpitations)				
**	Trouble breathing or shortness of breath, especially during activity				
K	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Covers
				iviou.	Severe
\$	Difficulty walking short distances	V	√	Wod.	Severe
		✓ ✓	√ √	Wod.	Severe
	distances Difficulty sleeping	✓ ✓	√ √	/ / / / / / / / / / / / / / / / / / /	Severe
	distances Difficulty sleeping or needing to sleep sitting up	✓ ✓ ✓	√ √ √	/ / / / / / / / / / / / / / / / / / /	Severe

Day 10 Date

Symp	toms	None	Mild	Mod.	Severe
* ***********************************	Chest pain (angina) or tightness	V	√	V	V
Š wu	Rapid, fluttering heartbeat (palpitations)				
\$ **	Trouble breathing or shortness of breath, especially during activity				
Ť	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Severe
Lifest	yle factors Difficulty walking short distances	None	Mild	Mod.	Severe
Lifest	Difficulty walking short	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping or needing to sleep sitting up	None	Mild	Mod.	Severe

Other changes today

Symp	toms	None	Mild	Mod.	Severe
\$ *	Chest pain (angina) or tightness				
	Rapid, fluttering heartbeat (palpitations)				
**	Trouble breathing or shortness of breath, especially during activity				
Ť	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Severe
Lifest	yle factors Difficulty walking short distances	None	Mild	Mod.	Severe
Lifest	Difficulty walking short	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping or needing to sleep sitting up	None	Mild	Mod.	Severe

Day 12 Date

Symp	toms	None	Mild	Mod.	Severe
*	Chest pain (angina) or tightness	V	1	/	1
	Rapid, fluttering heartbeat (palpitations)				
**	Trouble breathing or shortness of breath, especially during activity				
Ť	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Severe
Lifest	yle factors Difficulty walking short distances	None	Mild	Mod.	Severe
Lifest	Difficulty walking short	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping or needing to sleep sitting up	None	Mild	Mod.	Severe

Other changes today

Day 13 Date

Symptoms		None	Mild	Mod.	Severe
\$ *	Chest pain (angina) or tightness				
	Rapid, fluttering heartbeat (palpitations)				
**	Trouble breathing or shortness of breath, especially during activity				
Ť	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
	Lifestyle factors				
Lifest	yle factors	None	Mild	Mod.	Severe
Lifest	yle factors Difficulty walking short distances	None	Mild	Mod.	Severe
Lifest	Difficulty walking short	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping	None	Mild	Mod.	Severe
Lifest	Difficulty walking short distances Difficulty sleeping or needing to sleep sitting up	None	Mild	Mod.	Severe

Other changes today

Symptoms		None	Mild	Mod.	Severe
1	Chest pain (angina) or tightness				
	Rapid, fluttering heartbeat (palpitations)				
\$	Trouble breathing or shortness of breath, especially during activity				
Ť	Feeling dizzy or fainting when you're tired				
	Swollen ankles or feet				
Lifest	Lifestyle factors		Mild	Mod.	Severe
					50.0.0
\$	Difficulty walking short distances	√	1	√	√
		√ √	√ √	√	√ √
	distances Difficulty sleeping	√ √	√ √	√ √	✓ ✓
	distances Difficulty sleeping or needing to sleep sitting up	✓ ✓ ✓	√ √ √		



Notes

Notes

Edwards, Edwards Lifesciences and the stylized E logo are trademarks or service marks of Edwards Lifesciences Corporation or its affiliates. All other trademarks are the property of their respective owners.

© 2020 Edwards Lifesciences Corporation. All rights reserved. PP--EU-0535 v2.0

Edwards Lifesciences • Route de l'Etraz 70, 1260 Nyon, Switzerland • edwards.com

