

# Your Aortic Stenosis Symptom Tracker

Listen to your heart.  
Know the signs.








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:<sup>(1)</sup>

				
Chest pain (angina) or tightness	Rapid, fluttering heartbeat	Trouble breathing or shortness of breath	Feeling dizzy or fainting	Swollen ankles or feet

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






<sup>(1)</sup>Carabello BA. Introduction to aortic stenosis. Circ Res 2013;113:179-85.










# Day 1

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

## Other changes today

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# Day 2

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

## Other changes today

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# Day 3

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

## Other changes today

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# Day 4

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

## Other changes today

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# Day 5

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

Other changes today

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# Day 6

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

Other changes today

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**Day 7**

Date .....

Symptoms		None	Mild	Mod.	Severe
	Chest pain (angina) or tightness				
	Rapid, fluttering heartbeat (palpitations)				
	Trouble breathing or shortness of breath, especially during activity				
	Feeling dizzy or fainting when you're tired				
	Swollen ankles or feet				

Lifestyle factors		None	Mild	Mod.	Severe
	Difficulty walking short distances				
	Difficulty sleeping or needing to sleep sitting up				
	Reduced physical activity				
	Stress				
	Anxiety				

**Other changes today**

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Symptoms that have worsened this week:

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Lifestyle factors that have worsened this week:

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Other changes that affected me this week:

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# Day 8

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

Other changes today

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# Day 9

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

Other changes today

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# Day 10

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

## Other changes today

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# Day 11

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

## Other changes today

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# Day 12

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

Other changes today

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# 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				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

Other changes today

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**Day 14**

Date .....

Symptoms	None	Mild	Mod.	Severe
 Chest pain (angina) or tightness				
 Rapid, fluttering heartbeat (palpitations)				
 Trouble breathing or shortness of breath, especially during activity				
 Feeling dizzy or fainting when you're tired				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Mod.	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sleep sitting up				
 Reduced physical activity				
 Stress				
 Anxiety				

**Other changes today**

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Symptoms that have worsened this week:

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Lifestyle factors that have worsened this week:

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Other changes that affected me this week:

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