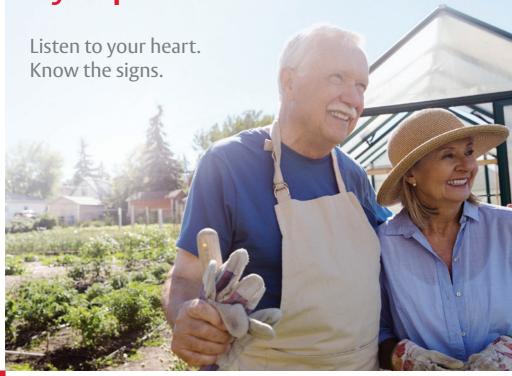
Your Aortic Stenosis Symptom Tracker



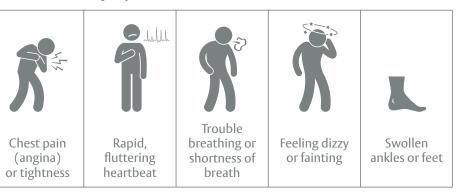
Track your heart health and together with your doctor, stand up to aortic stenosis.



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.

How to use this guide

- 1. Write a few sentences about your current health and how you feel your aortic stenosis impacts your life.
- 2. Fill in the date on the first row on the days that you complete the Tracker.
- 3. Write a few sentences at the end of the day to reflect on any symptoms or activities you felt were more impacted than usual.
- 4. Try to complete at least 14 days worth of monitoring so that your doctor can have a more complete picture of your symptoms.
- 5. Keep this Tracker in a place that will remind you to complete it daily (eg. on the fridge, bedside table)
- 6. 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.

Aortic Stenosis impacts my life by:									
Activities I enjoy but no longer do include:									
Activities I would like to do again include:									



Day 1 Date

Symp	toms	None	Mild	Mod.	Severe
*	Chest pain (angina) or tightness				
S ulm	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				

Lifesty	/le factors	None	Mild	Mod.	Severe
\$	Difficulty walking short distances				
	Difficulty sleeping or needing to sleep sitting up				
AU	Reduced physical activity				
	Stress				
	Anxiety				

Other changes	today

Day 2 Date

Symp	toms	None	Mild	Mod.	Severe
*	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				
.ifest	yle factors	None	Mild	Mod.	Severe
Š	Difficulty walking short distances				
	distances				
	Difficulty sleeping or needing to sleep sitting up				
<u>~</u>	Difficulty sleeping				
	Difficulty sleeping or needing to sleep sitting up				

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Day 3 Date

Sympto	oms	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				

Lifesty	/le factors	None	Mild	Mod.	Severe
<u>\$</u>	Difficulty walking short distances				
	Difficulty sleeping or needing to sleep sitting up				
AU	Reduced physical activity				
Š	Stress				
	Anxiety				

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Day 4 Date

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				
Lifesty	yle factors	None	Mild	Mod.	Severe
Lifesty	yle factors Difficulty walking short distances	None	Mild	Mod.	Severe
Lifesty	Difficulty walking short	None	Mild	Mod.	Severe
Lifesty S Lifesty	Difficulty walking short distances Difficulty sleeping	None	Mild	Mod.	Severe
Lifesty	Difficulty walking short distances Difficulty sleeping or needing to sleep sitting up	None	Mild	Mod.	Severe
Lifesty Lifesty	Difficulty walking short distances Difficulty sleeping or needing to sleep sitting up Reduced physical activity	None	Mild	Mod.	Severe

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Day 5 Date

Symp	toms	None	Mild	Mod.	Severe
*	Chest pain (angina) or tightness				
S ame	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				

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

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Day 6 Date

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

Other	chang	es tod	lay	



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				
Ŝ	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Severe
	Difficulty walking short distances				
	Difficulty sleeping or needing to sleep sitting up				
THI	Reduced physical activity				
K	Stress				
	Anxiety				
Other	changes today				

Symptoms that have worsened this week:
Lifestyle factors that have worsened this week:
Other changes that affected me this week:



Day 8 Date

Symp	toms	None	Mild	Mod.	Severe
*	Chest pain (angina) or tightness				
S ull	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				

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

Other changes to	ay

	Day 9 Date				
Symp	toms	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				
L	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	_
_			Willia	Miou.	Severe
\$ *	Difficulty walking short distances	, tolic	Willa	Mod.	Severe
			Willia	Wod.	Severe
	distances Difficulty sleeping		Mild	Mod.	Severe
	distances Difficulty sleeping or needing to sleep sitting up		Mild	Mod.	Severe
	distances Difficulty sleeping or needing to sleep sitting up Reduced physical activity		Mild	Mod.	Severe

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Day 10 Date

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				

Lifesty	yle factors	None	Mild	Mod.	Severe
\$	Difficulty walking short distances				
	Difficulty sleeping or needing to sleep sitting up				
AU	Reduced physical activity				
	Stress				
	Anxiety				

Other changes	oday

Day 11 Date

ymp	otoms	None	Mild	Mod.	Seve
F	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				
	Curallan antilas antast				
	Swollen ankles or feet				
Lifest	yle factors	None	Mild	Mod.	Seve
Lifest		None	Mild	Mod.	Seve
Lifest	yle factors Difficulty walking short	None	Mild	Mod.	Seve
Lifest	yle factors Difficulty walking short distances Difficulty sleeping	None	Mild	Mod.	Seve
Lifest	yle factors Difficulty walking short distances Difficulty sleeping or needing to sleep sitting up	None	Mild	Mod.	Seve

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Day 12 Date

Other changes today

Sympt	oms	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				

Lifesty	yle factors	None	Mild	Mod.	Severe
\$	Difficulty walking short distances				
	Difficulty sleeping or needing to sleep sitting up				
AU	Reduced physical activity				
	Stress				
	Anxiety				

Day 13 Date

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

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Other	CHAILE	.s codu



Day 14 Date

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				
Ŝ	Feeling dizzy or fainting when you're tired				
L	Swollen ankles or feet				
Lifest	ula factore	None	Mild	Mod.	Severe
Lifest	yle factors	None	MIII	Mou.	Severe
	Difficulty walking short distances				
	Difficulty sleeping or needing to sleep sitting up				
TŲ.	Reduced physical activity				
K	Stress				
	Anxiety				
Other	alian araka dan				
Otner	changes today				

Symptoms that have worsened this week:		
Lifestyle factors that have worsened this week:		
Other changes that affected me this week:		

Notes	Notes	

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