

Your Aortic Stenosis Symptom Tracker

Know the symptoms, know the
impact, know your options.



Edwards

Know the symptoms^{1,2}



Breathlessness, for example, pausing to catch a breath or shallow breathing that is inconsistent



Dizziness or faintness, including unsteadiness



Chest pain, tightness or pressure



Quick heartbeat or heart skipping a beat



Swollen ankles or feet making affected area look puffy or shoes feel tighter

Know the impact^{1,3}



Difficulty walking short distances, for example to a neighbour's home



Difficulty sleeping or needing to sleep sitting up



Pausing to catch a breath during daily activities, for example when using stairs



Reduced physical activity, for example long walks



Anxiety, for example feeling worried about symptoms

Know your options

Tracking changes in your daily life can help you to notice if your symptoms are progressing to help you consider more than just ageing. Use this guide to record key information and learn what to do next if these symptoms are linked to aortic stenosis (AS).^{4,5}



For more information on AS, download the **What is Aortic Stenosis?** booklet



Why use this symptom tracker?

This tool could help you monitor for AS signs and symptoms to discuss with your doctor. Track your symptoms for 14 days and see what a difference it could make to your next appointment.

Top tips for completing your tracker



Try to complete **14 days of tracking** so your doctor can have a better understanding of your symptoms



Set an alarm on your phone or device, for example 7pm after dinner, to remind yourself to fill this in



How to use this symptom tracker

Write a few sentences on this page to describe physical symptoms, how you feel physically and emotionally, and how these symptoms impact your life. You will be asked to fill this out again after one week and again after two weeks of tracking symptoms so you can identify any patterns or changes.

Symptoms impact my life by:

They have stopping me from doing what I love. I used to enjoy sailing, but now I get anxious near the ocean because I can feel dizzy unexpectedly. I also get stressed whenever I am around the grandchildren because I do not want them to see me struggling.

Activities I enjoy but no longer can do include:

Sailing

Long walks and runs

Golfing

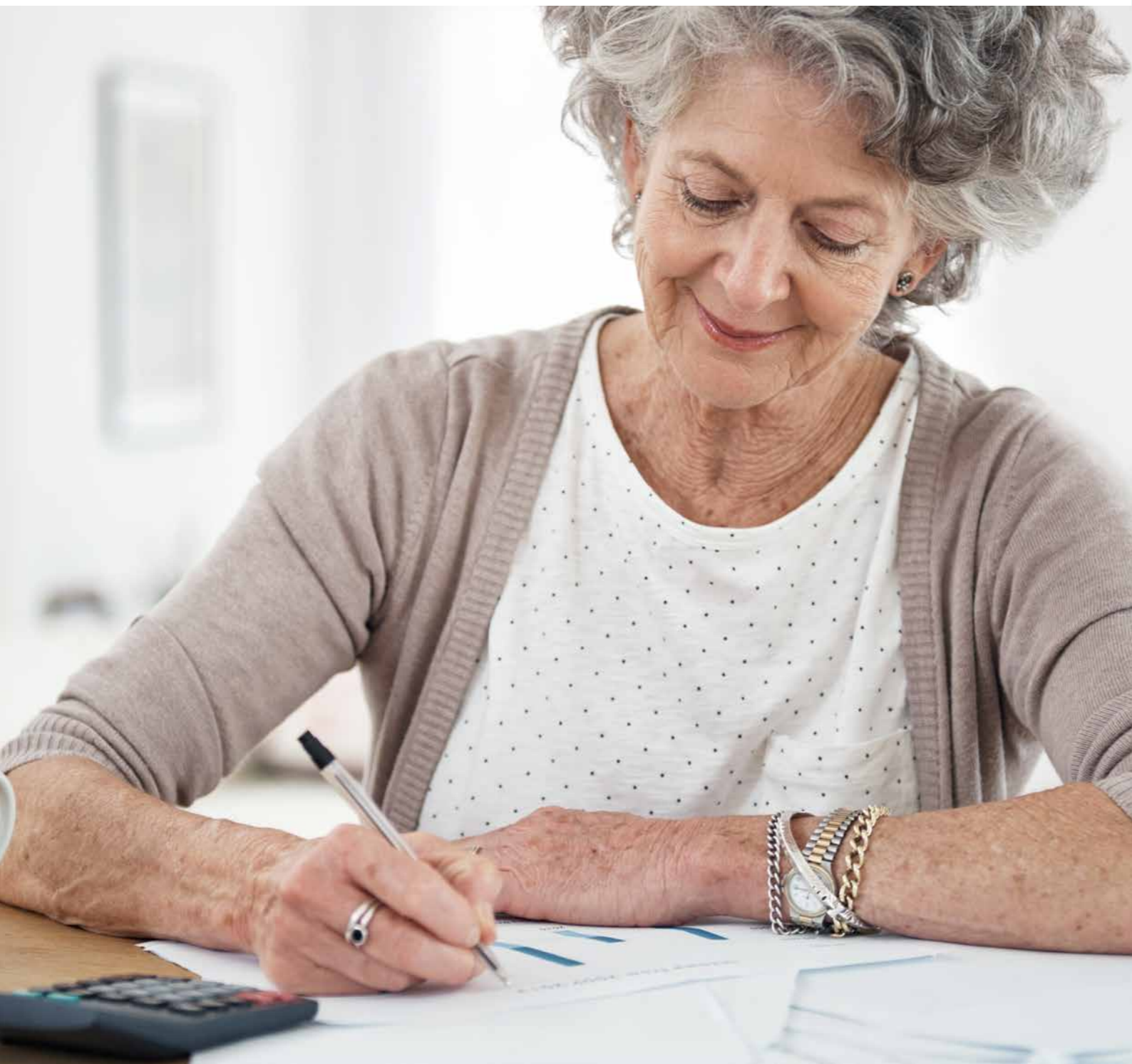
Activities I would like to do again, include:

Long-walks

Golfing

How to use this symptom tracker (continued)

Enter the correct date on the daily tracker and tick the relevant boxes that apply for each symptom or lifestyle factor. Following this, make a note of anything else you have noticed in the Other changes today section.



1. Enter today's date

Day 1	Date 02/04/2024			
Symptoms	None	Mild	Moderate	Severe
Breathlessness	✓			
Dizziness or faintness		✓		
Chest pain			✓	
Quick heartbeat or heart skipping a beat	✓			
Swollen ankles or feet				

2. Tick the box that applies to you for each Symptom and Lifestyle Factor

Lifestyle factors	None	Mild	Moderate	Severe
Difficulty walking short distances	✓			
Difficulty sleeping or needing to sit up to sleep	✓			
Reduced physical activity				
Pausing to catch a breath during daily activities			✓	
Anxiety			✓	

Other changes today

Pausing to catch my breath while doing housework & feeling quite tired






3. Fill this in with anything else you've noticed...






Symptoms impact my life by:

Activities I enjoy but no longer can do include:






Activities I would like to do again, include:






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Day 1	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				






Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				






Other changes today

Day 2	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				






Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				






Other changes today

Day 3	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				






Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				






Other changes today

Day 4	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				






Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				






Other changes today

Day 5	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				






Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				






Other changes today

Day 6	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				

Other changes today

Day 7	Date			
Symptoms	None	Mild	Moderate	Severe Intense
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				

Other changes today

Symptoms that have worsened this week:






(For example, my chest tightens more frequently. I experience this symptom not only when I play golf now, but when I walk long distances too)






Other changes that affected me this week:

(For example, I have lost my appetite and only have been eating two small meals a day)






Lifestyle factors that have worsened this week:






(For example, I have more difficulty walking the dog. Last week we were averaging 40-minute walks, but this week I could barely manage 30 minutes)

Day 8	Date			
	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				






Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				






Other changes today

Day 9	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				





Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				






Other changes today

Day 10	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				






Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				






Other changes today

Day 11	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				




Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				






Other changes today

Day 12	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				






Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				






Other changes today

Day 13	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				

Other changes today

Day 14	Date			
Symptoms	None	Mild	Moderate	Severe
 Breathlessness				
 Dizziness or faintness				
 Chest pain				
 Quick heartbeat or heart skipping a beat				
 Swollen ankles or feet				

Lifestyle factors	None	Mild	Moderate	Severe
 Difficulty walking short distances				
 Difficulty sleeping or needing to sit up to sleep				
 Reduced physical activity				
 Pausing to catch a breath during daily activities				
 Anxiety				

Other changes today

Symptoms that have worsened this week:

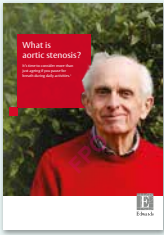
Other changes that affected me this week:

Lifestyle factors that have worsened this week:



Speak to your doctor about your symptoms

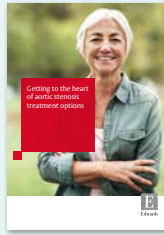
Discover further AS resources:



Disease awareness



Doctor discussion guide



Treatment options



What is TAVI?



Carer tips



Scan the QR code



References:

1. American Heart Association. Aortic Stenosis Overview. Available at: <https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-aortic-valve-stenosis> (accessed November 2023).
2. Lindman BR, et al. *Nat Rev Dis Primers*. 2016;2:16006.
3. Baz L, et al. *J. Clin. Med.* 2021;10:1579.
4. Amato MCM, et al. *Heart*. 2001;86(4):381–386.
5. Redfors B, et al. *Circulation*. 2017;135(20):1956–1976.



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