



## Aortic Stenosis Symptom Tracker

Check symptoms that apply to you, noting the frequency. Then bring this tracker to your next appointment to review with your doctor.



**Pain, tightness or pressure in the chest**

Never  Occasionally  Often  Always



**Lightheadedness or dizziness**

Never  Occasionally  Often  Always



**Shortness of breath**

Never  Occasionally  Often  Always



**Rapid, fluttering heartbeat**

Never  Occasionally  Often  Always



**Fainting**

Never  Occasionally  Often  Always



**Difficulty sleeping or sitting up**

Never  Occasionally  Often  Always



**Swollen ankles or feet**

Never  Occasionally  Often  Always



**Difficulty walking short distances**

Never  Occasionally  Often  Always



**Fatigue**

Never  Occasionally  Often  Always

**Which of these symptoms happen most frequently?**

\_\_\_\_\_

**Which activities cause you to feel winded or short of breath?**

\_\_\_\_\_

\_\_\_\_\_

**For more information: [heart.org/AorticStenosis](http://heart.org/AorticStenosis)**

**It's important to track your symptoms to determine if they are getting better or worse. Talk to your health care professional about the treatment that's right for you.**