



## Aortic Stenosis Symptom Tracker

Check symptoms that apply to you, noting the frequency. Then, take this tracker to your next appointment to review with your health care professional.



**Pain, tightness or pressure in the chest typically after exertion and relieved by rest**

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 lying down**

Never  Occasionally  Often  Always



**Swollen ankles or feet**

Never  Occasionally  Often  Always



**Difficulty breathing or shortness of breath that worsens with physical activity**

Never  Occasionally  Often  Always



**Fatigue**

Never  Occasionally  Often  Always

Which of these symptoms happen most often?

\_\_\_\_\_

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.**