

Aortic Stenosis Symptom Tracker

The symptom tracker is designed to help you and your doctor monitor the potential symptoms of aortic stenosis.

Complete this monthly and share any changes in your symptoms with your doctor.

Date: _____



Symptom	Frequency			
Pain, tightness or pressure in the chest	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
Lightheadedness or dizziness	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
Shortness of breath	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
Heart palpitations	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
Fainting	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
Difficulty sleeping or sitting up	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
Swollen feet or ankles	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
Difficulty walking short distances	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
Not engaging in activities you once did	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always

If you answered "occasionally" or "often" on any of the above, how frequently do you experience the symptoms?

☐ Daily ☐ Weekly ☐ Every month ☐ Every few months

How does a symptom disrupt your day when it occurs?

☐ I barely notice it ☐ I pause momentarily ☐ I need to stop to address it

Although symptoms are not the only important clue for valve disease treatment decisions, a change in symptoms is important to discuss with your doctor.

Additional notes:

NEVER MISS A BEAT.
listentoyourheart.co.nz

**Listen
to your
heart** 