

# Doctor Discussion Guide



This guide and symptom tracker can be used as an aid in talking with your doctor at appointments. It can also help you and your doctor determine the severity of your aortic stenosis, consider your treatment needs, and discuss your expectations and concerns.



## Talk to your doctor about the following:

- Any changes in your ability to complete daily activities in the last 6 months
- Your overall health and well-being
- Your health history and the medicines you are currently taking
- If you have been sleeping more than usual or need to sleep sitting up
- The status of your last echocardiogram



## Here are some suggested questions to ask your doctor:

- How can I tell if what I'm feeling is due to normal aging or to symptoms from aortic stenosis?
- How often should I get an echocardiogram?
- I'm not feeling any symptoms. How long until I will need treatment?
- Is my aortic stenosis severe?
- How soon will I need valve replacement?
- Do you think TAVR is an option for me?
- Would you recommend I be evaluated for TAVR? Why or why not?



## Additional questions to ask your doctor? Write them down here:

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**Take this guide with you to your next doctor's appointment. Starting the conversation is an important step in taking control of your health and your future.**











# Aortic Stenosis Symptom Tracker

Aortic stenosis is a disease that gets worse over time. With this disease it's important to be aware of and track possible symptoms. The symptom tracker is designed to help you and your Doctor monitor the potential symptoms of aortic stenosis. Share any changes in your symptoms with your Doctor.

## How to use the tracker

- Make copies of the tracker and complete it monthly
- Rate how often you experience each symptom

Date symptoms checked  /  /   
Month Day Year

 <b>Fatigue or Extreme Tiredness</b> <input type="radio"/> Never <input type="radio"/> Occasionally <input type="radio"/> Often <input type="radio"/> Always	 <b>Shortness of Breath</b> <input type="radio"/> Never <input type="radio"/> Occasionally <input type="radio"/> Often <input type="radio"/> Always
 <b>Chest Pain</b> <input type="radio"/> Never <input type="radio"/> Occasionally <input type="radio"/> Often <input type="radio"/> Always	 <b>Difficulty Walking Short Distances</b> <input type="radio"/> Never <input type="radio"/> Occasionally <input type="radio"/> Often <input type="radio"/> Always
 <b>Rapid Fluttering Heart Beat</b> <input type="radio"/> Never <input type="radio"/> Occasionally <input type="radio"/> Often <input type="radio"/> Always	 <b>Swollen Ankles or Feet</b> <input type="radio"/> Never <input type="radio"/> Occasionally <input type="radio"/> Often <input type="radio"/> Always
 <b>Not Engaging in Activities You Once Did</b> <input type="radio"/> Never <input type="radio"/> Occasionally <input type="radio"/> Often <input type="radio"/> Always	 <b>Light Headedness or Dizziness</b> <input type="radio"/> Never <input type="radio"/> Occasionally <input type="radio"/> Often <input type="radio"/> Always
 <b>Difficulty Sleeping or Sleeping Sitting Up</b> <input type="radio"/> Never <input type="radio"/> Occasionally <input type="radio"/> Often <input type="radio"/> Always	 <b>Fainting</b> <input type="radio"/> Never <input type="radio"/> Occasionally <input type="radio"/> Often <input type="radio"/> Always

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



Daily



Every week



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.

# Thank You

Thank you for taking the time to review this TAVR guide.

## Your healthcare provider

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

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