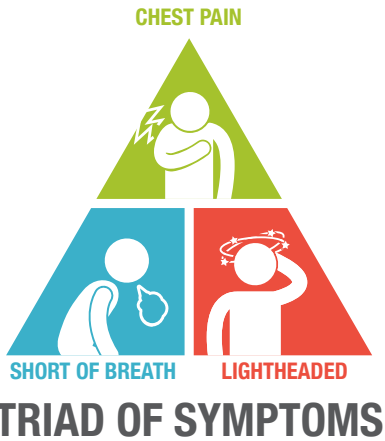


# Symptom Tracker



Valve disease may have no symptoms or symptoms often worsen over time. It's important to recheck your symptoms and compare to previous notes.

## DATE SYMPTOMS CHECKED

MONTH      DAY      YEAR

/      /

## NEXT CHECKUP DATE

MONTH      DAY      YEAR

/      /

Schedule another checkup in 6 months

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Heart Valves Are For Life



**CHEST PAIN**

- Do you ever experience chest pain or discomfort?
  - Never
  - Occasionally
  - Often
  - Always
- Does exercise or activity ever bring on chest pains?
  - Never
  - Occasionally
  - Often
  - Always
- Do you ever have unusual or uncomfortable heartbeats or palpitations?
  - Never
  - Occasionally
  - Often
  - Always



**SHORT OF BREATH**

- Do you ever feel short of breath during your normal activities?
  - Never
  - Occasionally
  - Often
  - Always
- Do you ever feel shortness of breath when lying down?
  - Never
  - Occasionally
  - Often
  - Always
- Do you notice that you are more easily tired than you used to be?
  - Never
  - Occasionally
  - Often
  - Always



**LIGHTHEADED**

- Are you ever concerned that you may pass out or faint?
  - Never
  - Occasionally
  - Often
  - Always
- Do you ever feel dizzy?
  - Never
  - Occasionally
  - Often
  - Always
- Do you ever feel lightheaded when you get up?
  - Never
  - Occasionally
  - Often
  - Always

**IF YOU ANSWERED "OCCASIONALLY" OR "OFTEN" ON ANY OF THE ABOVE, HOW FREQUENTLY DO YOU EXPERIENCE THIS?**

- Daily     
  Probably every week     
  Probably every month     
  Once or twice a year

**TO WHAT DEGREE DOES IT DISRUPT WHAT YOU'RE DOING WHEN IT OCCURS?**

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

**WRITE IN:** What specific activities cause you to feel **WINDED OR SHORT OF BREATH?**

**WHAT TYPE OF ACTIVITIES** cause you to become **PHYSICALLY TIRED?**

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



[www.heart.org/heartvalves](http://www.heart.org/heartvalves)