

Track your Symptoms

The symptoms of heart valve disease develop gradually and people experiencing them will often adapt their lifestyle to manage them, or simply blame them on old age. Use this tracker to help you and your doctor monitor potential symptoms of severe aortic stenosis, a type of heart valve disease.

Date symptoms checked

Start Date

End Date

How to use the tracker:

- Make copies of this tracker and complete it monthly. Complete this form more frequently if needed
- Mark in the boxes how often you are experiencing each symptom
- Bring these trackers and share them with your doctor during your next appointment

Chest pain


☐
Never
☐
Often

☐
Occasionally
☐
Always

Shortness of breath


☐
Never
☐
Often

☐
Occasionally
☐
Always

Not engaging in activities you once did


☐
Never
☐
Often

☐
Occasionally
☐
Always

Fatigue or extreme tiredness


☐
Never
☐
Often

☐
Occasionally
☐
Always

Dizziness, feeling faint or fainting


☐
Never
☐
Often

☐
Occasionally
☐
Always

Rapid fluttering heartbeat


☐
Never
☐
Often

☐
Occasionally
☐
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

While these symptoms can be signs of heart valve disease, they can also be signs of a medical emergency. If this is an emergency, do not wait and seek medical help immediately.