



Heart Valve Disease Symptom Tracker

Print this document and check symptoms that apply to you, noting the frequency. Then bring it to your next appointment to review with your doctor. Track changes in symptoms and/or physical activity regularly.



Pain, tightness or pressure in the chest

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 sitting up

Never Occasionally Often Always



Swollen ankles or feet

Never Occasionally Often Always



Difficulty walking short distances

Never Occasionally Often Always



Not engaging in activities you once did

Never Occasionally Often Always

Which of the above symptoms happen most frequently?

Which activities cause you to feel winded or short of breath?

It's important to recheck your symptoms to determine if they are getting better or worse. Talk to your health care professional about changes in symptoms to determine treatment.