

Heart Valve Disease Symptom Tracker

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



Pain, tightness or pressure in the chest

☐ Never ☐ Sometimes ☐ Often ☐ Always



Lightheadedness or dizziness

☐ Never ☐ Sometimes ☐ Often ☐ Always



Shortness of breath

☐ Never ☐ Sometimes ☐ Often ☐ Always



Rapid fluttering heartbeat

☐ Never ☐ Sometimes ☐ Often ☐ Always



Fainting

☐ Never ☐ Sometimes ☐ Often ☐ Always



Difficulty sleeping or sitting up

☐ Never ☐ Sometimes ☐ Often ☐ Always



Swollen ankles or feet

☐ Never ☐ Sometimes ☐ Often ☐ Always



Difficulty walking short distances

☐ Never ☐ Sometimes ☐ Often ☐ Always

Which of the above symptoms happen most often?

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

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