

Heart Valve Disease Symptom Tracker



Sometimes symptoms of heart valve disease can change or get worse without you noticing. Heart valve disease is serious, so it's important to keep track of possible symptoms and mention them when you see your doctor.

Use the questions below to assess your symptoms. You can print out this sheet and use it to keep a record of how you have been feeling. Bring it with you to your next appointment so you can discuss the results with your doctor.



I have chest pain

(Rarely / Sometimes / Most of the time / All of the time)



I feel dizzy or light-headed

(Rarely / Sometimes / Most of the time / All of the time)



I have a fast fluttering, racing or pounding heartbeat

(Rarely / Sometimes / Most of the time / All of the time)



I feel short of breath

(Rarely / Sometimes / Most of the time / All of the time)



I notice my feet, abdomen or ankles are swollen

(Rarely / Some days / Most days / Every day)



I don't do activities I used to enjoy, eg baking, playing with my grandchildren, gardening or walking the dog

(Rarely / Sometimes / Most of the time / All of the time)