

Aortic stenosis symptom tracker

It's always important to listen to the messages your body is sending you. Keeping track of signs and symptoms can help you to identify and monitor any underlying health conditions, such as aortic stenosis.

Use this symptom tracker to record any symptoms you have noticed over the last six months, including how frequently they have occurred. Bring this tracker to your next appointment to review it with your doctor.



In the past month, how often have you noticed:	Never	Sometimes	Often	Always
Pain, tightness or pressure in the chest				
Feeling lightheaded, dizzy or faint				
Feeling unusually tired				
Being short of breath or winded				
Experiencing a rapid or fluttering heartbeat				
Having swollen ankles or feet				
Having trouble sleeping				
Having trouble walking short distances				
Having trouble sitting up				
Other (please specify):				

 Has anything triggered these symptoms or made them worse?

Call your doctor or nurse if you have any of these symptoms

- You have chest pain or tightness
- You are dizzy or feel like fainting
- Your heart is racing and won't slow down (palpitations)
- Your exercise tolerance is decreasing (for example, you are unable to complete every day activities in the same way, or you find every day activities harder to complete.)



Dial 000 to call an ambulance
if you are very unwell or your symptoms are getting worse over a short space of time.

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ANZ--10658-022022. MED3054.