



American Heart Association®

Target: Aortic Stenosis™

DATE: / /

Aortic Stenosis Symptom Tracker

Check symptoms that apply to you, noting the frequency. Then, take this tracker to your next appointment to review with your health care professional.



Pain, tightness or pressure in the chest typically after exertion and relieved by rest

☐ 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 lying down

☐ Never ☐ Occasionally ☐ Often ☐ Always



Swollen ankles or feet

☐ Never ☐ Occasionally ☐ Often ☐ Always



Difficulty breathing or shortness of breath that worsens with physical activity

☐ Never ☐ Occasionally ☐ Often ☐ Always



Fatigue

☐ Never ☐ Occasionally ☐ Often ☐ Always

Which of these symptoms happen most often?

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

For more information: heart.org/AorticStenosis

It's important to track your symptoms to determine if they are getting better or worse. Talk to your health care professional about the treatment that's right for you.