Know the Symptoms of Aortic Stenosis and How They Affect You

Listen to your body
Tell your doctor about changes in your health and any new or recurring symptoms that are getting worse. Once aortic stenosis becomes severe, people usually have symptoms but not always. The symptoms can appear suddenly, worsen quickly, and become life-threatening.

You may notice these symptoms:

- Fatigue (extreme tiredness)
- Feeling short of breath
- Chest pain (discomfort or tightness in the chest that often gets worse with exercise)
- Difficulty walking short distances
- Rapid, fluttering heartbeat (heart flopping in your chest)
- Swollen ankles or feet
- Not engaging in activities you used to enjoy
- Feeling dizzy or light-headed
- Difficulty sleeping or the need to sleep sitting up
- Fainting

Other signs can include:
- Rapid weight gain
- Irregular heartbeat (heart murmur)
- Dry cough

Free symptom tracker
Use the tracker on the back page to record your symptoms and any questions that you’d like to discuss with your doctor at your next visit.
Severe Aortic Stenosis Symptom Tracker

Aortic stenosis is a condition that gets worse over time and its symptoms are often confused with normal signs of aging. This tracker is designed to help you and your doctor monitor potential symptoms of severe aortic stenosis.

How to use the tracker:
• Make copies of this tracker and complete it monthly
• Rate how often you are experiencing each symptom and use as frequently as needed
• Share the tracker with your doctor at your upcoming appointment

The symptoms listed above are not the only signs for severe aortic stenosis. Talk to your doctor if you notice any changes in your health or lifestyle.

<table>
<thead>
<tr>
<th>Difficulty Sleeping or Sleep Sitting Up</th>
<th>Fainting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Never</td>
</tr>
<tr>
<td>Occasionally</td>
<td>Occasionally</td>
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<tr>
<td>Often</td>
<td>Often</td>
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<tr>
<td>Always</td>
<td>Always</td>
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</tbody>
</table>

Date symptoms checked

Month  
Day  
Year

If you answered “occasionally” or “often” on any of the above, how frequently do you experience the symptom?

Daily  
Every week  
Every month  
Every few months

How does a symptom disrupt your day when it occurs?

I hardly notice it.  
I pause momentarily.  
I need to stop to address it.