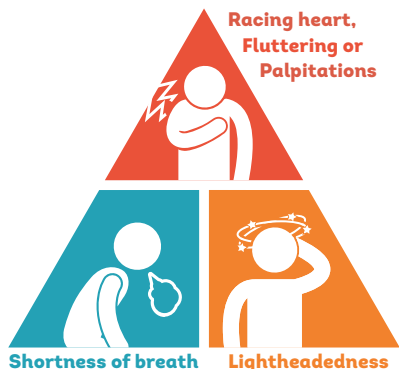


Symptom Tracker



TRIAD OF SYMPTOMS

Atrial fibrillation may have no symptoms or it may be a condition that worsens over time. It's important to recheck your symptoms and compare to previous notes.

DATE SYMPTOMS CHECKED

MONTH DAY YEAR

/ /

NEXT CHECKUP DATE

MONTH DAY YEAR

/ /

Recheck your answers in 6 months and compare.

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StopAfib.org



UNUSUAL HEARTBEATS

- Do you ever experience pounding or racing heartbeats?
 - Never
 - Occasionally
 - Often
 - Always
- Do you notice that exercise or activity leads to unusual heart rhythms?
 - Never
 - Occasionally
 - Often
 - Always
- Do you ever have unusual or uncomfortable heartbeats or palpitations?
 - Never
 - Occasionally
 - Often
 - Always



SHORT OF BREATH

- Do you ever feel short of breath during your normal activities?
 - Never
 - Occasionally
 - Often
 - Always
- Do you ever feel shortness of breath when lying down?
 - Never
 - Occasionally
 - Often
 - Always
- Do you notice that you are more easily tired than you used to be?
 - Never
 - Occasionally
 - Often
 - Always



LIGHTHEADED

- Are you ever concerned that you may pass out or faint?
 - Never
 - Occasionally
 - Often
 - Always
- Do you ever feel dizzy?
 - Never
 - Occasionally
 - Often
 - Always
- Do you ever feel lightheaded when you get up?
 - Never
 - Occasionally
 - Often
 - Always

IF YOU ANSWERED "OCCASIONALLY" OR "OFTEN" ON ANY OF THE ABOVE, HOW FREQUENTLY DO YOU EXPERIENCE THIS?

- Daily
 Probably every week
 Probably every month
 Once or twice a year

TO WHAT DEGREE DOES IT DISRUPT WHAT YOU'RE DOING WHEN IT OCCURS?

- I barely notice it
 I pause momentarily
 I need to stop to address it

WRITE IN: What specific activities cause you to feel **WINDED OR SHORT OF BREATH?**

WHAT TYPE OF ACTIVITIES cause you to become **PHYSICALLY TIRED?**

Although symptoms are not the only important clue for atrial fibrillation assessment and treatment decisions, a change in symptoms is important to discuss with your healthcare provider.

StopAfib.org and the American Heart Association/American Stroke Association are proud to raise awareness of Atrial Fibrillation.

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