

Symptom Checker for Heart Failure



Irish Heart
Foundation

This symptom checker includes the main symptoms of heart failure and is designed to help you evaluate these potential symptoms. It can serve as a basis for discussion with your doctor.

Completed on

i *The symptom checker is not intended to be used to diagnose heart failure or to replace medical advice.*

Please rate your experience of these 5 symptoms:

0 – None

1 – Mild

2 – Moderate

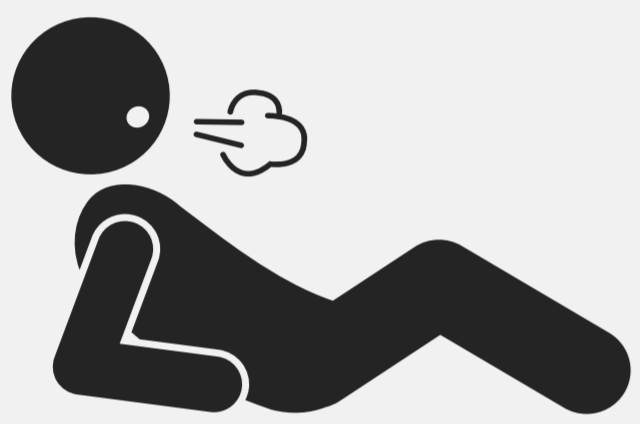
3 – Severe



Shortness of breath

Heart failure can cause the fluid in your body to gather in your lungs which may cause you to feel short of breath during everyday activities such as walking or climbing stairs.

/3



Shortness of breath while lying down

Lying flat may also make you feel short of breath so that you need to sleep sitting up or with multiple pillows.

/3



Fatigue

Heart failure means less oxygen-rich blood is circulating in the body. Because your muscles and tissues need oxygen for energy, this means people with heart failure can feel tired very easily.

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Swelling in ankles / legs / abdomen

Clothes or shoes might feel tighter as fluid in the body builds up in the legs, ankles or abdomen causing them to swell up.

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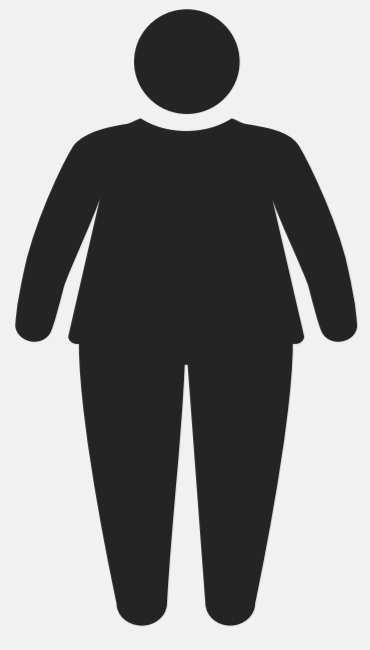


Rapid Heartbeat

The heart sometimes starts to speed up to compensate for its reduced ability to pump blood around the body.

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Have you noticed a weight increase of more than 2kg (about 6lbs) in the past week?



Sudden Weight increase

Worsening heart failure may cause an increase in weight of more than two kilograms (about six pounds) in one week because fluid builds up in your body.

Yes or No

Have you experienced loss of appetite in the past two weeks?



Loss of appetite

A build-up of fluid around the gut can affect digestion and might cause a loss of appetite, or make you feel sick when eating.

Yes or No

Have you experienced mood swings recently?



Changes in Mood

Heart Failure can cause changes in your mood, creating a sense of uncertainty, a lack of confidence and potential mood swings.

Yes or No

Could you tell your doctor more?

Have you been unable to do activities you used to be able to do?



Reduced ability to exercise

Heart Failure can limit your lifestyle forcing you to change hobbies, activities and pastimes.

Yes or No

Could you tell your doctor more?