



Are you aware of your HCM symptoms and how they affect you?

Date:

Keeping a record of your symptoms when living with hypertrophic cardiomyopathy (HCM) is important so your cardiologist can effectively manage your condition. Use this tracker to record your symptoms, how they make you feel and how they impact your everyday life. Complete it prior to your next appointment with your cardiologist, so you can make decisions about your management plan together.



If your symptoms are significantly bothersome or concerning, contact your cardiologist or GP immediately rather than waiting for your next scheduled appointment.

Symptoms: Tick your symptoms, how frequently they occur and how severe they were. Think about what activities you were doing at the time to help identify possible triggers. Consider asking your family or friends about what they have observed.

Please leave boxes blank if you did not experience the symptom.

	How often did they occur?			What were you doing at the time?	How limited was your ability to do what you wanted or needed to do?				
	Daily	Weekly	Monthly		Not at all limited	Slightly limited	Moderately limited	Very limited	Extremely limited
Shortness of breath									
Tiredness or fatigue									
Rapid, fluttering or strong heartbeat									
Chest pain (e.g. pressure, tightness, squeezing)									
Feeling dizzy or light-headed									
Fainting or losing consciousness									
Swelling of the feet or ankles									

If you have experienced any other symptoms, or any symptoms which have stopped, started or changed, please note them below:



If you experience symptoms **daily**, or if your activities are limited '**very**' or '**extremely**' due to your symptoms, **contact your cardiologist or GP immediately**.



If you have an ICD or pacemaker, **note down the date and time of your symptom(s)** so your cardiologist or GP can assess it accordingly.

Emotional wellbeing:

Do you feel your HCM symptoms have affected your emotional state?

Yes ☐ No ☐

Have you noticed any changes in your mood or energy levels that you attribute to your HCM?

Yes ☐ No ☐

Do you feel you have adequate support from family, friends or healthcare professionals?

Yes ☐ No ☐

Detail anything else about your mental and emotional wellbeing below:



If you feel like HCM is impacting your emotional wellbeing, discuss with a friend or family member. **Remember there are also professionals and support services available to provide guidance and support.**

Physical limitations: Tick the option that best describes how your symptoms have impacted everyday activities or aspects of your daily life.

	Not difficult	Slightly difficult	Moderately difficult	Very difficult	Extremely difficult	I tend to avoid this activity
Walking						
Light walking (e.g. going on a stroll or walking a pet)						
Rigorous walking for exercise						
Walking uphill						
Exercising						
Low impact (e.g. yoga or pilates)						
High intensity (e.g. jogging or group fitness)						
Playing a sport						
Performing your job	I am currently working: Fulltime / Part-time / Adjusted responsibilities / Ceased working					
Standing	I am able to stand for _____ minutes before I have to sit.					
Climbing stairs	I am able to climb _____ flights of stairs without pausing to rest or catching my breath.					
Doing housework	I do / do not often rely on outside services or loved ones to clean for me.					
Grocery shopping and errands	I do / do not often rely on delivery services or loved ones for running errands.					
Sleeping						
Taking care of or keeping up with kids/grandkids						
Hobbies, recreational activities						
Participating in social events						
Any other activity that is important to me:						

Detail anything else about how your symptoms impact your everyday life below:



Please share this symptom tracker with your cardiologist at your next appointment.



If you have experienced symptoms **daily** and/or had a severity of **‘very’** or **‘extremely’** due to your symptoms, or if your symptoms are making your daily activities seem difficult or very difficult, **contact your cardiologist or GP immediately** rather than waiting for your next scheduled appointment.

Visit ‘Your HCM Matters’, a website **dedicated to helping HCM patients navigate their journey**. Learn about symptoms, diagnosis and management, access valuable resources and much more.



Scan or visit
yourhcmatters.com.au