



KEEPING TRACK

MY HCM SYMPTOM TRACKER

▲ **Talk to your doctor openly about any symptoms you feel as soon as they begin.** Keep detailed records to help your doctor during the diagnosis process and during treatment. Make additional copies as needed.



MY DIAGNOSIS

Heart Condition	
Class	
Diagnosis Date (year)	
Biomarkers (if any)	



MY HEALTH CARE TEAM CONTACTS

TYPE OF CONTACT	NAME	PHONE/E-MAIL
Cardiologist		
Nurse Practitioner		
Internist		
Electrophysiologist		
Pharmacist		



MY SYMPTOMS

SYMPTOM	DATE IT BEGAN	SEVERITY (Scale of 1-10)	HOW LONG DID IT LAST?	ANY POSSIBLE TRIGGERS?	DID ANYTHING HELP?



WHAT TO WATCH FOR

CONTACT YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE ANY OF THESE SYMPTOMS:

- ▶ A cut that does not stop bleeding
- ▶ Blurry vision
- ▶ Coughing up something red
- ▶ Dizziness
- ▶ Drowsiness
- ▶ Fainting (syncope)
- ▶ Inability to think clearly or concentrate
- ▶ Loss of consciousness
- ▶ Loss of memory
- ▶ Personality changes
- ▶ Rapid breathing
- ▶ Seizures, including muscle spasms, falling, confusion, clenched teeth, irregular breathing, loss of bladder or bowel control
- ▶ Severe shortness of breath
- ▶ Vomit that is brown or bright red