



Self-Assess Your Heart Health Questionnaire

Full Name:

Date of Birth (MM/DD/YYYY): _____

Gender:

Contact Number:

Email Address: _____

Emergency Contact Name & Number:

Self-Assess your Questionnaire Response:

Heart Valve Health Categories:

- **Low Risk**
- **Moderate Risk**
- **High Risk**
- **Critical Risk**

Response Logic & Assessment:

Low Risk (If your majority of answers are in the “No,” “Rarely,” or “Never” categories):

- **Explanation:** Based on your answers, your heart valve health appears to be in good shape. You don't report experiencing significant symptoms, and there are no major risk factors like a family history of heart disease or lifestyle concerns such as smoking.
 - **Next Step:** It's important to maintain a heart-healthy lifestyle with regular check-ups, even if you're not currently experiencing issues. Routine health screenings are recommended, especially as you age.

Moderate Risk (If your responses show some symptoms or mild risk factors, e.g., occasional shortness of breath, a family history of heart disease, or past smoking):

- **Explanation:** Your answers suggest that you may have some risk factors for heart valve disease. While you're not experiencing severe symptoms, factors like family history, occasional shortness of breath, or previous smoking history may increase your risk.
 - **Next Step:** Consider scheduling a check-up with your healthcare provider to discuss your heart health. A simple test like an echocardiogram can help assess whether there are any early signs of valve disease.

High Risk (If your responses indicate multiple symptoms like chest pain, frequent fatigue, or major risk factors like high blood pressure, previous heart infections, or a family history of heart valve disease):

- **Explanation:** Your responses show several warning signs associated with heart valve disease. Symptoms like shortness of breath, chest pain, or fatigue, combined with a family history or medical conditions such as high blood pressure, put you at an elevated risk.
 - **Next Step:** It is highly recommended that you see a cardiologist for further evaluation. Tests such as an echocardiogram or heart murmur check could help identify any heart valve issues before they become more serious.
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Critical Risk (If your responses show serious symptoms such as frequent chest pain, dizziness, severe shortness of breath, previous heart surgery, or a known heart murmur):

- **Explanation:** Your answers indicate that you may be at **high risk** for heart valve disease. Symptoms like frequent chest pain, difficulty breathing, dizziness, or a known heart murmur suggest a potentially serious issue that should not be ignored.
 - **Next Step:** Immediate medical attention is advised. Please schedule an appointment with a cardiologist as soon as possible for a thorough examination and diagnostic testing. Early detection can significantly improve outcomes if you are experiencing heart valve disease.

Participant's Signature Over Printed Name:

Date: