

# PPCM♥FUND

PPCM Awareness Day Is EVERYDAY

## Symptoms Self-Test Checklist

### 1 Difficulty Breathing

This includes severe shortness of breath anytime sitting, when walking, climbing stairs, or even lying flat. Symptoms may get worse at night. Chest pain &/or tightness in the chest and heart often is mistaken for something less serious; this can include a heaviness, tightness, pressure or pain.

**Also be aware of:** Heart Palpitations or skipping beats, Fast Heart Rate, Orthopnea (shortness of breath) & Coughing.

### 2 Fainting or Dizziness

This includes sensations of feeling like you're going to pass out, especially while seated or standing.

**Pay attention to:** Low blood pressure or may drop when standing, Hard time brushing your hair, High Blood Pressure, Excessive Fatigue, Mood Disorders

### 3 Swelling & Weight Gain

This unusual weight gain is mainly due to an increase of fluid in the body, especially in the arms, hands and feet; if more than 2 pounds in 1 day, or 5 pounds in a week, see a cardiologist immediately.

**Look out for:** Swelling of the ankles & neck veins, Increased nighttime urination, Morbid Obesity, Gestational Diabetes, Preeclampsia, Malnutrition, Pain in abdomen & Dyspnea.

### 4 Be Your Own Advocate! Consult a Cardiologist if above symptoms persist...

This could easily be number one; only YOU know your body & what its telling you.