



Major Signs or Symptoms Suggestive of Cardiovascular, Pulmonary, or Metabolic Disease

- Pain or discomfort in the chest, neck, jaw, arms or other areas that may result from ischemia (decreased blood flow)
 - Pressure, heaviness, burning, squeezing
- Shortness of breath at rest or with mild exertion – dyspnea
 - Abnormal, uncomfortable awareness of breathing at a level of exertion not otherwise expected to evoke such symptom
- Dizziness or loss of consciousness
 - Either symptom during exercise may result from cardiac disorders that disrupt cardiac output (the amount of blood pumped per heartbeat)
- Orthopnea: inability to breathe easily unless sitting up straight or standing erect
- Paroxysmal nocturnal dyspnea: sudden, labored nighttime breathing
- Ankle edema: swelling of the ankles, particularly both ankles at night
- Palpitations or tachycardia: unpleasant awareness of the forceful or rapid beating of the heart
- Intermittent claudication: pain in a muscle caused by inadequate blood supply that is stressed by exercise (often described as a cramp)
 - CAD is more prevalent in those with this condition
 - Pain does NOT occur with standing or sitting
 - Reproducible from day to day
 - More severe when walking upstairs or uphill
 - Disappears shortly after stopping exercise
- Known heart murmur
 - Some are not significant, however, murmurs may indicate heart valve or other cardiovascular disease
- Unusual fatigue or shortness of breath with usual activities
 - Possible indication of the onset of, or change in the status of cardiovascular, pulmonary, or metabolic disease