

Cardiovascular Questionnaire

- Rapid heart beat or chest pain during minor activity or a long walk
- Shortness of breath during minor activity
- Usual resting heart rate above 110 beats per minute
- Easily tired by minor exertion
- Palpitations or erratic heart beat without apparent cause
- Numbness or pain in left arm
- Ringing in ears
- Heaviness in legs
- High altitude discomfort
- Edema or swelling of feet and ankles, particularly in the evenings
- Red, swollen nose
- History of heart problems
- Lower ear lobe has vertical or diagonal crease
- Poor concentration or foggy brain
- Hands and feet go to sleep easily, numbness
- Systolic and diastolic pressures widely separated
- History of stroke

Blood Pressure Questionnaire

- Vision becoming blurred
- Pain in back of head upon arising in the morning
- Systolic and diastolic pressures close to each other
- Headaches or migraines for no apparent reason