

Name: _____ Date: _____

Major Signs and Symptoms of Cardiovascular, Metabolic, and Renal Disease

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| 1. Unpleasant awareness of the forceful, rapid beating of the heart | A. Ankle edema |
| 2. Shortness of breath at rest, or an abnormally, uncomfortable awareness of breathing | B. Dizziness or syncope |
| 3. A loss of consciousness caused by reduced perfusion on the brain | C. Pain or discomfort |
| 4. Dyspnea occurring at rest in the recumbent position relieved by sitting upright/standing | D. Intermittent claudication |
| 5. Dyspnea occurring 2-5 hours after onset of sleep relieved by sitting on the side of the bed or standing | E. Orthopnea |
| 6. Pain that occurs in the lower extremities with an inadequate blood supply that is brought on by exercise (usually as a result of atherosclerosis) | F. Fatigue or SOB |
| 7. Excess of water fluid in the ankles | G. Dyspnea |
| 8. A swishing sound heard when there is turbulent or abnormal blood flow across the heart valve | H. Palpitations/tachycardia |
| 9. Signals the onset of OR change in the status of CVD and metabolic disease | I. Paroxysmal nocturnal dyspnea |
| 10. Characteristics include squeezing, burning, heaviness, constricting | J. Known heart murmur |