



**VA DISABILITY GROUP**  
PLLC

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## Heart Conditions Symptom Logs

Hello,

Your attorney has requested that you complete a Heart Conditions Symptom Log. With this packet, I have included the relevant log. This symptom log packet also includes a rating schedule, used by the VA, on the very last page. This page will give you an idea of how your condition may be rated, and the specific terminology the VA uses to rate your condition. Additionally, definitions for some of the more technical medical terminology has been provided.

It is very important to read and understand these criteria, as your records are used by the VA to evaluate the severity of your condition.

On each page, please fill in your name in the upper-left hand corner and use the log to document all relevant symptoms and send this log back to the firm every 3 months (the firm will handle the submission to the VA – please do not submit these to the VA yourself). Please make sure you sign and date the bottom of each page before submitting these to VA Disability Group.

**IMPORTANT: Focus on reporting the frequency and severity of your symptoms (Dyspnea, Fatigue, Angina, Dizziness, and/or Syncope) while performing light to moderate activities (those that fall under the 1-3 METs and >3-5 METs criteria).**

You do not need to create an entry for every day, just the days you are experiencing symptoms. Documenting the frequency, severity, and specific symptoms of your condition could help your claim.

You can return this to our office in any of the following ways:

**Email:** [cd@vadisabilitygroup.com](mailto:cd@vadisabilitygroup.com)

**Fax:** 269-569-8611

**Mailing Address:** 2974 Business One Drive, Kalamazoo, MI 49048

Once again, we appreciate you choosing our firm and we look forward to working with you on your disability claims. Please do not hesitate to contact the office if you need more logs, need paper copies, or have questions on how to appropriately record your symptoms.

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Kind regards,

VA Disability Group, PLLC

NAME:

# HEART CONDITIONS LOG

Date	Time	Activity Golfing Light Yard Work (Weeding) Mowing the lawn Brisk walk Showering	Symptoms 1- Dyspnea (Difficulty Breathing) 2- Fatigue 3- Angina (Chest Pains) 4- Dizziness 5- Syncope (Temporary Loss of Consciousness)	Symptoms Experienced (Daily Notes)
04/05/2021	12:30	Mowing the Lawn	1, 2, 3, 4, 5	<i>Example:</i> I was mowing the lawn with a power mower, when I suddenly had difficulty breathing, chest pains and I was extremely tired. I had to rest and quit mowing the lawn.

Signature:

Date:





NAME:

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Signature:

Date:

## Basic Rating Criteria for Cardiovascular System 38 CFR § 4.104

Symptoms during activity:

The METs level checked below reflects the lowest activity level at which the veteran reports any of the following symptoms (*check all symptoms that the veteran reports at the indicated METs level of activity*):

Dyspnea    Fatigue    Angina    Dizziness    Syncope

### METs and Applicable Activities

Results:

METs level on most recent interview-based METs test:

- (1-3 METs)   This METs level has been found to be consistent with activities such as eating, dressing, taking a shower, slow walking (2 mph) for 1-2 blocks
- (>3-5 METs)   This METs level has been found to be consistent with activities such as light yard work (weeding), mowing lawn (power mower), brisk walking (4 mph)
- (>5-7 METs)   This METs level has been found to be consistent with activities such as walking 1 flight of stairs, golfing (without cart), mowing lawn (push mower), heavy yard work (digging)
- (>7-10 METs)   This METs level has been found to be consistent with activities such as climbing stairs quickly, moderate bicycling, sawing wood, jogging (6 mph)
- The veteran denies experiencing above symptoms with any level of physical activity

### Rating Criteria for Respective Evaluations

100 PERCENT:

Chronic congestive heart failure, or; workload of 3 METs or less results in dyspnea, fatigue, angina, dizziness, or syncope, or; left ventricular dysfunction with an ejection fraction of less than 30 percent.

60 PERCENT:

More than one episode of acute congestive heart failure in the past year, or; workload of greater than 3 METs but not greater than 5 METs results in dyspnea, fatigue, angina, dizziness, or syncope, or; left ventricular dysfunction with an ejection fraction of 30 to 50 percent.

30 PERCENT:

Workload of greater than 5 METs but not greater than 7 METs results in dyspnea, fatigue, angina, dizziness, or syncope, or; evidence of cardiac hypertrophy or dilatation on electrocardiogram, echocardiogram, or X-ray.

10 PERCENT:

Workload of greater than 7 METs but not greater than 10 METs results in dyspnea, fatigue, angina, dizziness, or syncope, or; continuous medication required.

### Medical Definitions

*Dyspnea* - Difficult or labored breathing

*Angina* - Severe pain in the chest, often also spreading to the shoulders, arms, and neck

*Syncope* - Fainting, or a sudden temporary loss of consciousness