

How can I help you today?

CZ



I am feeling really short of breath.

Do you have any other symptoms or concerns we should discuss?

CZ



I've just been so tired all the time. Not sleeping well. At first I thought I had a cold, and I didn't think I needed to come in with just a little cold! But this isn't a cold...

What symptom is the most distressing for you?

CZ



I'm really worried about my breathing.

Has anyone else you know developed these symptoms?

CZ



Nope.

Do you have pain anywhere? If so, where?

CZ



Nope.

Do you have a cough?

CZ



Yeah. Just recently.

When did your cough start?

CZ



I don't remember exactly. Maybe days to weeks ago?

Does anything make your cough better or worse?

CZ



Laying down makes it worse; standing up helps.

Does your cough come from the throat or lungs?

CZ



I'm not sure.

Are you coughing up any sputum?

CZ



Not really. If I do it's mostly clear.

Help and Resources

Your Interview History

Does your cough keep you from sleeping? CZ

Not really.

Are you coughing up blood? CZ

No.

Do you have unusual heartbeats (palpitations)? CZ

No, but my pulse is a bit fast when I move around.

Do you have a runny nose/nasal congestion? CZ

Nope.

Do you have shortness of breath? CZ

Yes.

When did you first notice feeling short of breath? CZ

I was climbing stairs about 10 days ago, and I realized that I was getting short of breath.

How long does your shortness of breath last? CZ

I'm not sure how to answer that.

Does your shortness of breath come and go? CZ

No.

Does anything make your shortness of breath better or worse? CZ

It gets better and worse depending on what I do. It's worse when I lie down. Better when I sit or stand up. Worse when I walk or carry stuff. I really get winded with just about any activity.

Do you become short of breath with exertion? CZ

You bet!

Help and Resources: ?

Your Interview History

Are you short of breath at rest? CZ

Yes. Even then it seems bad.

Do you have any other symptoms associated with your shortness of breath? CZ

No pain.

How severe is your shortness of breath? CZ

It is limiting my ability to do normal activities.

Do you awaken at night short of breath? CZ

Yes, how did you know? I fall asleep OK but wake up feeling like I can't get air. Over the last 4 to 5 nights I woke up feeling like I was drowning. I couldn't breathe at all and was feeling short of breath. I have to sit up quickly or jump out of bed and try to catch my breath.

Does lying on one side or the other increase your shortness of breath? CZ

I can't sleep on my side. That doesn't work.

What treatments have you tried for your shortness of breath? CZ

Nothing.

Have you had any significant traumatic injuries or accidents? CZ

No.

Is it hard to get a deep breath or exhale? CZ

Not particularly, it's just hard to catch my breath.

Do you wheeze? CZ

No.

Do you sleep with pillows to help you breathe? CZ

?
Help and Resources:

Do you sleep with pillows to help you breathe?

CZ



At least 2 to 3. I sleep better like that.

Do you have any pain in your chest?

CZ



No, not at all.. Which is why I waited so long to make an appointment. I've had chest pain in the past, when I had my heart attacks. But not now. I thought I just had a cold.

Does your chest feel tight or heavy?

CZ



Nope.

Do you have a sore throat?

CZ



No.

Can you tell me about any current or past medical problems you have had?

CZ



Isn't that all in my chart?

Any new medical issues or diagnoses since your last visit?

CZ



I have been feeling short of breath.

Have you recently been hospitalized?

CZ



I had that angio thing on my heart after my heart attack a couple of months ago.

Do you have any allergies?

CZ



Not that I know of.

Are you taking any prescription medications?

CZ



Yep. I brought them with me. See what it says on the bottles: metoprolol succinate (50 mg twice daily) and amlodipine (10 mg once daily). I take one baby aspirin too.

Are you taking any over-the-counter or herbal medications?

CZ



Yes, the doctor told me to take aspirin 81mg once daily. Though I must admit I occasionally forget



Help and Resources:



Are you taking any medications for your symptoms?

CZ



No, this is all new.

Do you now or have you ever smoked or chewed tobacco?

CZ



No. My grandfather died of lung cancer and he smoked a lot. So I always stayed away from it.

Are you exposed to secondhand smoke?

CZ



No.

Do you have any problems with fatigue, difficulty sleeping, unintentional weight loss or gain, fevers, or night sweats?

CZ



We've been talking about some of that stuff.

Do you have any problems with an itchy scalp, skin changes, moles, thinning hair, or brittle nails?

CZ



No.

Do you have any problems with headaches that don't go away with aspirin or Tylenol (acetaminophen), double or blurred vision, difficulty with night vision, problems hearing, ear pain, sinus problems, chronic sore throats, or difficulty swallowing?

CZ



No.

Do you experience chest pain discomfort or pressure; pain/pressure/dizziness with exertion or getting angry; palpitations, decreased exercise tolerance; or blue/cold fingers and toes?

CZ



We've been talking about my exercise tolerance.

Do you experience shortness of breath, wheezing, difficulty catching your breath, chronic cough, or sputum production?

CZ



We've been talking about that stuff.

Do you have problems with nausea, vomiting, constipation, diarrhea, coffee grounds in your vomit, dark tarry stool, bright red blood in your bowel movements, early satiety, or bloating?

CZ



No, none of that stuff.

When you urinate, have you noticed any pain, burning, blood, difficulty starting or stopping, dribbling, incontinence, urgency during day or night, or any changes in frequency?

CZ

Help and Resources:



Not really.

Do you have problems with muscle or joint pain, redness, swelling, muscle cramps, joint stiffness, joint swelling or redness, back pain, neck or shoulder pain, or hip pain?

CZ



No joint pain or muscle cramps. What else did you ask?

Have you noticed any bruising, bleeding gums, nose bleeds, or other sites of increased bleeding?

CZ



No.

Do you have problems with heat or cold intolerance, increased thirst, increased sweating, frequent urination, or change in appetite?

CZ



Not anything but my appetite. Oh, I should mention my hands and feet are recently feeling cold.

Do you have problems with dizziness, fainting, spinning room, seizures, weakness, numbness, tingling, or tremor?

CZ



No.

Do you have any problems with nervousness, depression, lack of interest, sadness, memory loss, or mood changes, or ever hear voices or see things that you know are not there?

CZ



No.

How is your overall health?

CZ



I think it's been pretty good lately, at least up until my most recent mini-heart attack a few months ago.

Do you have any pain or difficulty speaking?

CZ



No.

Do you become more weak or tired with exertion?



Mainly it is the shortness of breath that limits me, not tiredness.

Do you awaken at night coughing?



Sometimes. Depends on how I'm sleeping.

Help and Resources: