

How the VA Rates Heart Disease

Regulatory Source: 38 CFR § 4.104 – Diagnostic Codes 7000–7011

VA Source: <https://ecfr.gov>

Summary:

Heart conditions like ischemic heart disease and arrhythmias are rated based on symptoms during exertion (METs) and whether there's heart failure, hospitalization, or imaging evidence of damage.

VA Rating Table (Using METs and Heart Function):

Rating	Explanation
10%	Workload of greater than 7 METs but not greater than 10 METs results in fatigue, shortness of breath, or angina. EKG or imaging may show abnormalities.
30%	Workload of 5–7 METs causes fatigue, dyspnea, or chest pain. Evidence of cardiac hypertrophy or dilatation on imaging.
60%	Workload of 3–5 METs results in symptoms, or evidence of congestive heart failure in the past year.
100%	Chronic congestive heart failure, or METs 3 or lower with marked limitation of physical activity. Hospitalization or serious cardiac event may be present.

Required Evidence:

- Diagnosis of ischemic heart disease, arrhythmia, or heart failure
- Cardiology reports with METs test or ejection fraction results
- Imaging showing heart hypertrophy or structural changes
- Medical documentation of chest pain, fatigue, or dyspnea
- History of hospitalization or cardiovascular events

Pro Tip:

Agent Orange exposure (Vietnam, Thailand, etc.) can trigger presumptive claims for ischemic heart disease. Request a METs test or ejection fraction from a cardiologist if one hasn't been performed.