

# Keeping track of your Fabry disease manifestations

## Track your signs and symptoms to take charge of your health—and stay on top of disease progression



Fabry disease causes a wide variety of signs and symptoms that can affect many different parts of your body.<sup>1</sup> It's important to keep track of your signs and symptoms, so that you can discuss them with your doctor and get help for any signs and symptoms that may be bothering you.

Check off any manifestations you are experiencing here:

Today's date: \_\_\_\_\_

**Eyes**

- Cloudy-looking eyes (typically, this doesn't affect vision)<sup>2</sup>

**Heart**

- Irregular heartbeat<sup>3</sup>
- Shortness of breath<sup>2</sup>
- Chest pain<sup>3</sup>

**Kidneys**

- Protein in urine<sup>1</sup>

**Gastrointestinal**

- Diarrhoea<sup>2</sup>
- Abdominal cramping<sup>2</sup>
- Feeling full earlier than normal, reduced appetite<sup>2</sup>
- Nausea, and/or vomiting<sup>2</sup>

**Nervous system**

- Episodes of pain<sup>2</sup>
- Burning and tingling sensations in the hands and feet<sup>2</sup>
- Hearing problems, such as ringing in the ears and hearing loss<sup>2</sup>
- Heat and/or cold intolerance<sup>1</sup>
- Reduced exercise tolerance<sup>1</sup>
- Dizziness, vertigo<sup>1</sup>

**Skin**

- Reduced ability to sweat<sup>2</sup>
- Clusters of small, dark spots in several locations on the skin<sup>2</sup>

Use this space to note additional signs and symptoms you are experiencing:

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## Have your signs and symptoms changed recently?

The earlier you mention new or worsening signs and symptoms to your doctor, the earlier your doctor can help you manage them. Use this tool to help keep track of any signs and symptoms you are experiencing. First, write down your signs and symptoms. Then, if something worsens or improves, note it here and let your doctor know of any changes.

Signs & Symptoms	Date First Noticed	Date You Noticed a Change	Notes
EXAMPLE: Dizziness	9/18/2019	1/3/2020	Dizziness got worse during the fall and winter. Fell down in the house a few minutes.

**Use this space to keep track of your doctor's recommendations regarding your signs and symptoms:**

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References:

- 1. Ortiz 2018 416-427; 2. fabrydiseasenews.com-What Is Fabry Disease; 3. fabrydiseasenews.com-Fabry Disease and the Heart

