



CECE, living with hATTR amyloidosis

hATTR amyloidosis symptoms checklist & tracker

Tracking your symptoms can help you talk to your family and doctor about hATTR amyloidosis



RICK, living with hATTR amyloidosis, and **LYNN**, his spouse and caregiver

Understanding hATTR amyloidosis

Hereditary ATTR (hATTR) amyloidosis is a progressive disease, which means the symptoms may worsen over time and can lead to disability and a poorer quality of life. Discussing your symptoms and family history with your doctor is important to receiving an accurate diagnosis and deciding what the next steps may be for you and your family.

The **Symptoms Tracker** can help you take note of symptoms you may be experiencing, how they have been affecting your daily life, and whether or not they are worsening.

Write any additional thoughts, symptoms, or notes in the spaces provided on the next pages.

Starting a family conversation



By educating your family about hATTR amyloidosis, you are helping to strengthen your support network and are enabling the people in your family to make informed decisions about their future.

Remember, the symptoms of this condition may vary widely from person to person, even within the same family.

Tracking your hATTR amyloidosis symptoms



Symptoms related to nerves in hands, feet, arms, and legs

	Are you experiencing this symptom?	How long have you had this symptom?	Has it worsened over the last few weeks or months?	Is another family member experiencing this symptom?
Burning pain, tingling, and/or pins and needles in extremities				
Loss of sensitivity to temperature				
Difficulty holding on to items				
Difficulty using fingers (buttoning clothes, writing, picking up coins from table, etc.)				
Problems with balance and/or feeling unsteady on feet				
Difficulty getting out of a chair				
Difficulty walking				



Symptoms related to the heart

	Are you experiencing this symptom?	How long have you had this symptom?	Has it worsened over the last few weeks or months?	Is another family member experiencing this symptom?
Shortness of breath				
Heart palpitations				
Swelling of ankles and/or feet				
Fatigue				



General health and impact on daily activities

	Are you experiencing this symptom?	How long have you had this symptom?	Has it worsened over the last few weeks or months?	Is another family member experiencing this symptom?
Physical health interferes with normal social activities (hobbies, visiting friends or family, etc.) and/or work				
Weakness and/or shakiness interferes with normal activities (shopping, housework, etc.)				
Difficulty bathing/showering				
Difficulty getting dressed				
Anxiety or depression				

This is not a complete list of symptoms that may be experienced in patients with hATTR amyloidosis. Each patient has a different experience and you may not experience all of these symptoms, or you may not experience them at the same time. Symptoms of hATTR amyloidosis may become more severe over time. Please contact your doctor if you have questions or concerns about your symptoms.



Tracking your hATTR amyloidosis symptoms (cont.)



Symptoms related to control over bodily functions

	Are you experiencing this symptom?	How long have you had this symptom?	Has it worsened over the last few weeks or months?	Is another family member experiencing this symptom?
Diarrhea, constipation, and/or loss of bowel control				
Nausea and/or vomiting				
Urinary incontinence and recurrent urinary tract infection (UTIs)				
Unexplained weight loss				
Increase or decrease in sweating				
Dizziness or lightheadedness upon standing				
Sexual dysfunction				
Difficulty adjusting to changes in lighting				



Other symptoms

	Are you experiencing this symptom?	How long have you had this symptom?	Has it worsened over the last few weeks or months?	Is another family member experiencing this symptom?
Glaucoma				
Blurred or spotty vision				
Floaters in the eye				
Stroke-like episodes, causing symptoms (trouble speaking, severe headaches, and seizures)				
Trouble remembering things and/or forgetfulness				
Foamy urine				

In the space below, describe if any of the symptoms listed above are becoming better or worse. Provide as much detail as possible:

Learn more about hATTR amyloidosis at www.hATTRbridge.com.