

My Health Diary

Gaucher disease can affect many aspects of your life. Your healthcare team needs to know how the disease is affecting your wellbeing. My Health Diary will help you keep track of how you are feeling and any changes in the quality of your daily life.

Use My Health Diary to express how Gaucher disease is affecting you:

- Start each new entry by filling in the date and your diary entry under “My Notes.”
- If you experience pain, record the details related to these episodes under “Pain.”
- Record further details that can be useful for physician visits under “Health History”.

It's important to use the diary regularly to help your physician better understand how you're feeling. Remember to bring your diary to each appointment to help guide your discussion.

My Notes

Name: _____

Date: _____

Diary Entry: _____

Pain

How severe was your pain? **Mild** **Moderate** **Severe**

Explain how your pain felt: _____

Where was the pain? _____

How long did it last? _____

Did you take medication?

Yes **No**

Did it wake you up at night?

Yes **No**

Did it affect your quality of life and daily activities?

Yes **No**

Health History

How did Gaucher disease present itself i.e., what were your symptoms?

Did you have:

- | | | | | | |
|--|--|---|---|--|--|
| <input type="radio"/> Bone pain | <input type="radio"/> Bone crisis | <input type="radio"/> Enlarged liver/
spleen | <input type="radio"/> Growth
retardation,
shorter than
average | <input type="radio"/> Bruising | <input type="radio"/> Bleeding |
| <input type="radio"/> Fatigue | <input type="radio"/> Weak bones | | | <input type="radio"/> Broken
bone | <input type="radio"/> Broken
bone |

Other: _____

How did it affect your life? _____
