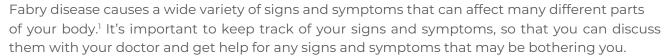
## Keeping track of your Fabry disease manifestations Track your signs and symptoms to take charge of your health—and stay on top of disease progression



Check off any manifestations you are experiencing here:	Today's date:		
Eyes  Cloudy-looking eyes (typically, this doesn't affect vision)²	Nervous system  Episodes of pain <sup>2</sup> Burning and tingling sensations in the hands		
Heart  Irregular heartbeat³  Shortness of breath²  Chest pain³	and feet² ☐ Hearing problems, such as ringing in the ears and hearing loss² ☐ Heat and/or cold intolerance¹		
Kidneys ☐ Protein in urine¹	☐ Reduced exercise tolerance¹☐ Dizziness, vertigo¹☐		
Gastrointestinal Diarrhoea² Abdominal cramping² Feeling full earlier than normal, reduced appetite² Nausea, and/or vomiting²	Skin  ☐ Reduced ability to sweat² ☐ Clusters of small, dark spots in several locations on the skin²		
Use this space to note additional signs and symptoms you are experiencing:			

## 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:				

## References:

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

