

You may not think the minor changes in your symptoms from day to day are important, or even notice them but your signs and symptoms over time, combined with your blood results, are important for recognising changes in your health. Consider keeping a symptom tracker or diary.

## Symptom tracker

Check the answer that best describes your experience living with PNH

How many days a month do you experience:

Abdominal pain and/or chest pain

Never  1 or 2 days  3–5 days  6+ days

Leg and/or back pain

Never  1 or 2 days  3–5 days  6+ days

Trouble swallowing

Never  1 or 2 days  3–5 days  6+ days

Difficulty focusing/thinking clearly or 'brain fog'

Never  1 or 2 days  3–5 days  6+ days

How many times in the last month did you experience:

Fatigue

Never  1 or 2 times  3–5 times  6+ times

If you do experience fatigue, how would you classify the severity of the fatigue you experience?

Mild  Moderate  Severe

Headaches

Never  1 or 2 times  3–5 times  6+ times

Shortness of breath

Never  1 or 2 times  3–5 times  6+ times

Difficulty sleeping/feeling of weakness

Never  1 or 2 times  3–5 times  6+ times

Inability to keep up with your daily life due to PNH

Never  1 or 2 times  3–5 times  6+ times

Loss of appetite

Never  1 or 2 times  3–5 times  6+ times



After checking your answers, share the results with your doctor to start a conversation about your PNH experience