SYMPTOM TRACKER

RAISE THE QUESTIONS

Could the changes in your ILD symptoms really be PH?

Having ILD puts you at high risk of developing PH.
And because symptoms of ILD can closely resemble those of PH, **symptom tracking** is especially important.

Some of the symptoms of early PH that overlap with ILD include:

- **FATIGUE**
- **SHORTNESS OF BREATH**
- **REDUCED ABILITY TO BE ACTIVE**

Ask yourself questions such as these, as you are tracking any changes:

- Are you getting tired or fatigued more easily with your everyday activities, such as vacuuming or cooking?
- Do you need more supplemental oxygen than before?
- Are you parking closer to your destination, so you don't have to walk as far?

This tracker can help you more closely monitor changes in your symptoms over time so that you can provide valuable information to your doctor.

Complete the tracker on page 2, print, and bring it with you to your next doctor visit.

SYMPTOM TRACKER
EXAMPLE

DATE	SYMPTOM	SYMPTOM CHANGE 1 = NOT DIFFERENT 5 = EXTREMELY DIFFERENT	NOTES / ACTIVITY AT ONSET OF SYMPTOM
4/1/24	Fatigue	1 ~~2~~ 3 4 5	Grocery shopping
4/15/24	Shortness of breath	1 2 3 ~~4~~ 5	Evening walk around the block
5/8/24	Reduced ability to be active	1 2 ~~3~~ 4 5	Parking closer to the store entrance
5/29/24	Increased need for supplemental oxygen	1 ~~2~~ 3 4 5	Climbing stairs

ILD = interstitial lung disease; PH = pulmonary hypertension.

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		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	

1 = NOT DIFFERENT / 2 = SLIGHTLY DIFFERENT / 3 = MODERATELY DIFFERENT / 4 = VERY DIFFERENT / 5 = EXTREMELY DIFFERENT

Questions for my Doctor:

1. *Are these changes in my symptoms clues that I may have PH?*
2. *I am needing more supplemental oxygen. Should I be checked for PH?*
3. *I am getting more short of breath doing my normal activities. Could this be PH?*
4. *I am getting tired so much more easily. Could this be a symptom of PH?*

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TAKING ACTION IS IN YOUR HANDS.
Sign up and receive ongoing information about PH-ILD.
Scan the QR code to sign up now or visit:
Raisethequestions.com/supportprogram

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