

# Keeping track of your Fabry disease symptoms

Track your symptoms to take charge of your health—and stay on top of disease progression

Fabry disease is an inherited condition with a wide variety of symptoms that can affect many different parts of your body. It's important to stay on top of your symptoms, so that you can have proactive conversations with your doctor and get help for any symptoms that may be bothering you.

Check off any symptoms you are experiencing here:

Today's date: \_\_\_\_\_

## Eyes

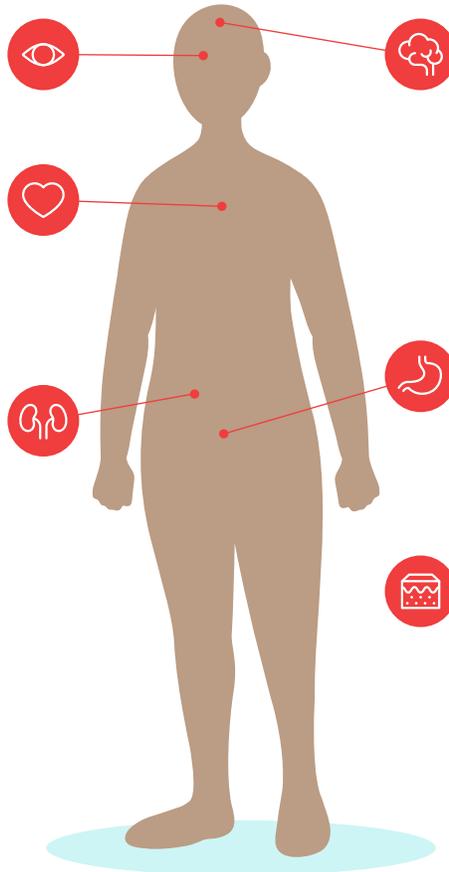
- Cloudiness in the front of the eye

## Heart

- Irregular heartbeat
- Shortness of breath
- Chest pain

## Kidneys

- More frequent, urgent urination and foamy appearance of urine
- Blood in urine
- Swelling in hands and/or feet
- Muscle cramps



## Nervous system

- Pain or burning sensation, particularly in the hands or feet
- Hearing loss or ringing in the ears
- Intolerance to heat, cold, or exercise
- Vertigo/feeling dizzy

## Gastrointestinal

- Nausea, vomiting, cramping, diarrhea, or constipation
- Pain or bloating after eating

## Skin

- Decreased ability to sweat
- Clustered skin rashes

Use this space to note additional symptoms you are experiencing:

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# Is your Fabry disease progressing?

Symptoms can change over time, so it's important to pay attention to how you feel on a daily basis. The earlier you mention new or worsening symptoms to your doctor, the earlier your doctor can help you manage them.

Use this tool to help keep track of any symptoms you are experiencing. First, write down your symptoms. Then, if something worsens or improves, note it here and let your doctor know of any changes.

Symptom	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 times.

Use this space to keep track of your doctor's recommendations regarding your symptoms:

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References available upon request.