AA&MDSIF Treatment Tracker Tools

Current therapies to treat bone marrow failure diseases often require repeated cycles before you notice an effect and improvement in your quality of life. Stopping treatment early may result in less desirable results. For patients undergoing treatment for aplastic anemia, MDS and PNH, treatment can be long and improvement can be slow.

Using the pages of the AA&MDSIF Treatment Tracker can help patients monitor their progress, record their reaction to therapies and even track their medication. The information can be shared with doctors and family, allowing everyone to see the progress with treatment or supportive therapies.

Use the "Symptom Snapshot" to keep track of how you feel during and after your treatments. Each day enter a score from "0" (②) to "10" (③) to show how you are feeling for common symptoms and side effects. You can add these up to create a total score, your "snapshot" at the bottom of the page. Tracking your symptoms and any treatment side effects regularly, will help you and your medical team see how you are doing while you are in treatment. Your doctor may be able to provide other therapies to help manage any symptoms and side effects you experience. Bring a copy of this page to your healthcare team or share with your family members.

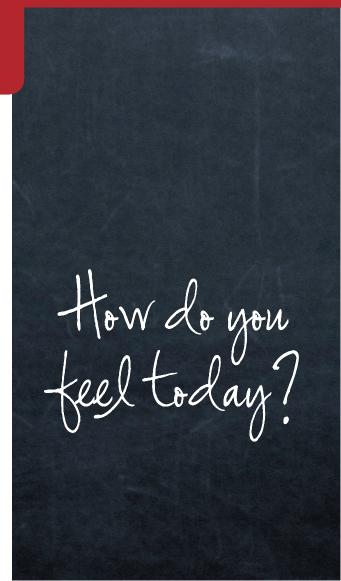
When you have lab blood work results, you can record your lab work data to keep track of even small changes over time, in one easy location! You can record your lab work results for easy review and sharing with family or your healthcare team.

Use the Treatment Tracker page to document the date and type of treatments or supportive therapies you receive. Compare your treatments with your Symptom Snapshot to keep track of how you are feeling as your treatment progresses.

Getting Started: Each day, use the "Snapshot Score" to track and record the day-to-day symptoms and side effects related to your bone marrow failure disease and treatment. Total your Snapshot score at the bottom to help you see even small changes over time. You can also track your treatments (along with your lab work results) so that you can easily see how your treatments affect your overall quality of life.









Symptom Snapshot — How are you feeling?



Month:	"0"	"10"	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Sample	Not Well	Feel Great	10	9	8	7	6	5	6	7	6	4	3	4	4	5	7	8	9	9	10	9	9	8	8	8	7	6	7	7	8	8	9
Fatigue and Energy Level	Exhausted	Normal energy level																															
Appetite (are you eating?)	No appetite	Normal appetite																															
Nausea or Vomiting	Severe nausea	No nausea or vomiting																															
Diarrhea	Severe diarrhea	No diarrhea																															
Infections	Severe infection	No infection																															
Mouth Sores	Severe sores	No sores																															
Pain (joint or muscle)	Severe pain	No pain																															
Edema or Swelling	Severe swelling	Normal limbs																															
Constipation	Severe	Regular bowel move- ments																															
Other	Severe problem	Not a problem																															
Other	Severe problem	Not a problem																															
Total to see yo	ur daily sym _l	otom score																															





	Type of treatment	Date	Notes	Date	Notes
	Azacitidine (Vidaza®)				
Medication	Decitabine (Dacogen®)				
Medication	Lenalidomide (Revlimid®)				
	Eculizumab (Soliris®)				
	Red cell growth factors				
Growth Factors	White cell growth factors				
	Platelet growth factors				
-	Red blood cells				
Transfusion	Platelets				
	Chelation: Deferoxamine (Desferal®)				
Iron Overload Treatment	Chelation: Deferasirox (Exjade®)				
	Phlebotomy for iron overload				
Antibiotics					
	Anti-thymocyte globulin (ATG)				
Immunosuppressive Therapy	Cyclosporine (Neoral®, Sandimmune®)				
	Steroids (Prednisone®, Dexamethasone®)				
Chemotherapy					
Stem Cell Transplant					
Othor Trontmonts					
Other Treatments					
Clinical Trials					





Lab Test	Date	Date	Date	Date	Date
Complete Blood Count					
White blood cell (WBC)					
Red blood cell (RBC)					
Hemoglobin (Hgb)					
Hematocrit (Hct)					
Mean Corpuscular Volume (MCV)					
Platelet Count					
% Polys/Segs/Neutrophils					
ANC					
Bone Marrow Studies					
Percent Blasts					
Ring Sideroblasts					
Karyotype					
Metabolic Panel					
Creatinine					
Albumin					
ALT					
AST					
Bilirubin					
Other Lab Results					
Ferritin level					
Erythropoietin (EPO)					
Folate					
TSH (Thyroid Stimulating Hormone)					
Vitamin B12					