

Symptom tracker

Working with your healthcare team

Not feeling well? Notice a change that seems unusual? Write down the answers to the questions below before you see your healthcare team* and take them to your next appointment.

This way you won't have to worry about remembering and your healthcare team will get the information they need to help you.

Describe what has changed recently. For example, do you have new or worse pain/discomfort? Are you unable to do things you could do two weeks ago? Have there been changes in your thinking, memory, or mood? Is your sleep different? Appetite? Bathroom habits?

1. What are you experiencing that feels bad, or different, or unusual?

2. When did it start?

3. How often does it happen?



4. If you have pain, describe it. Can you use an image or an example? Is it sharp, dull, shooting, or aching?

5. Is there anything you can no longer do or is difficult to do because of how you feel?

6. Is there anything that makes you feel worse or better?

Be open. Be honest. Get well.

You might feel like you don't want to bother your healthcare team with the little concern you've noticed after your treatment or after starting your new medication, but no detail is too small to share. **If it matters to you, it will matter to your healthcare team.**

Although you might feel embarrassed about some changes, it's up to you to say something. For instance, mention changes to your bowel movements (e.g., constipation, bloody stools); changes in getting to the bathroom on time; and so on. Medical professionals deal with the human body every day and they live in human bodies of their own — so there's no need to be shy, hesitant, or embarrassed.

**Healthcare team refers to patients, their caregivers, and healthcare providers that come together to plan and coordinate a person's care.*