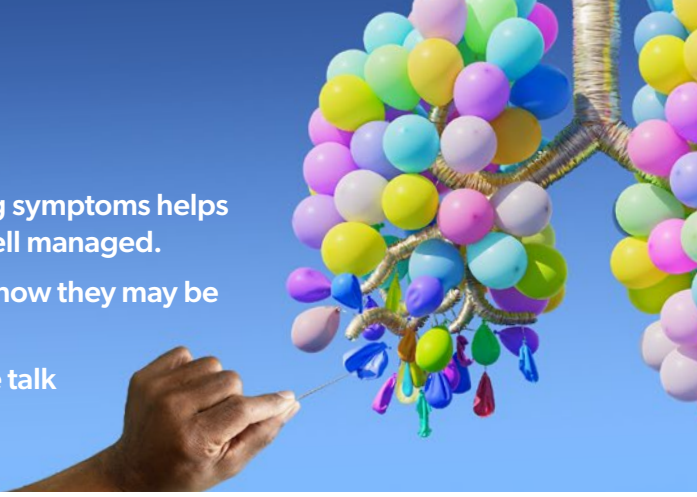


COPD SYMPTOM TRACKER

With chronic obstructive pulmonary disease (COPD), tracking symptoms helps you notice changes that may indicate your condition is not well managed.

After tracking your or your loved one's symptoms, reflect on how they may be affecting your day-to-day life.

If you have any concerns about your COPD symptoms, please talk to your healthcare professional for further advice.



TRACK YOUR SYMPTOMS

Each day for the next 2 weeks, record the symptoms you or your loved one experience in the chart below.

Take this completed tracker to the next healthcare appointment to discuss your or your loved one's current condition.

Week 1 : Week of <u>01 / 01 / 2024</u>							
Symptoms	Date: 01/01	Date: 01/02	Date: 01/03	Date: 01/04	Date: 01/05	Date: 01/06	Date: 01/07
Persistent cough	X				X		
Wheezing (abnormal high or low pitched sounds when breathing)	X			X			X
Difficulty breathing during normal daily activity				X			
Respiratory infection (including increased phlegm / mucus)			X			X	

Week 1 : Week of ___ / ___ / ____							
Symptoms	Date:	Date:	Date:	Date:	Date:	Date:	Date:

Week 2 : Week of ___ / ___ / ____							
Symptoms	Date:	Date:	Date:	Date:	Date:	Date:	Date:

If you have any concerns about your symptoms, please talk to your healthcare professional for further advice.
If you experience severe breathlessness, seek immediate medical assistance.

COULD MY SYMPTOMS BE A COPD EXACERBATION?

Your or your loved one's healthcare professional may give you directions for how to manage an exacerbation at home, but sometimes they can be more serious and require medical attention.

SOME SIGNS OF AN EXACERBATION:



Coughing more than you usually do



Respiratory infection (including increased phlegm/mucus)



More breathless during normal day-to-day activities



Wheezier than usual (abnormal high or low pitched sounds when breathing)



DID YOU KNOW?

COPD exacerbations can contribute to permanent lung damage and disease progression over time

This may not be a comprehensive list of signs and symptoms of COPD. Always consult your healthcare professional if you experience any of these symptoms, as they can help determine the cause.

COPD exacerbations can increase the risk of having another. Without proper management of COPD, there is an increased risk of symptoms progressing and experiencing exacerbations which can cause irreversible damage to the lungs.

If you or your loved one are experiencing frequent exacerbations, it may mean that the COPD is uncontrolled.

Talk to a healthcare professional about these symptoms as they can help determine the cause.

If you have any concerns about your symptoms, please talk to your healthcare professional for further advice. If you experience severe breathlessness, seek immediate medical assistance.

NOTES

After tracking your or your loved one's symptoms, use the space below to reflect on how these symptoms may be affecting your day-to-day life. You can also use this space to write down additional thoughts or questions for your or your loved one's healthcare professional.

Don't be afraid to talk about your or your loved one's symptoms. Be prepared to start the conversation by downloading a discussion guide before your or your loved one's next appointment.

For additional resources or to learn more about COPD, visit:

<https://www.livingwithcopd.com/uk>

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