

AcromegalyALLY

Your doctor plays an important part in helping you manage acromegaly, a rare and life-altering disease. Coming prepared with questions and topics you want to discuss can help you make the most of your time together. Use the following AcroSymptom Tracker to keep a record of your experience and share the information with your doctor. Ask what can be done now, and in the future, to improve the way you can treat acromegaly.

Tracking Your Symptoms

FATIGUE

Do you feel tired during the day, even after a full night's sleep?

Using the scale below, indicate the severity of the sensation. Mark only 1 circle per week.

	Not Tired During the Day 1	2	Some Fatigue During the Day 3	4	Extremely Tired or Exhausted 5
Week 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the time period tracked, did you use any interventions to treat your symptoms? Yes No

If you answered Yes to the above, please explain.

HEADACHES

Do you have headaches that last all day or over multiple days, despite intervention (i.e., medication, massage, rest)?

Using the scale below, indicate the severity of the sensation. Mark only 1 circle per week.

	No Headache		Moderate or Brief Headache		Severe or Extended Headache
	1	2	3	4	5
Week 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the time period tracked, did you use any interventions to treat your symptoms? Yes No

If you answered Yes to the above, please explain.

JOINT PAIN

Do you experience joint pain throughout the day, at morning, noon and night?

Using the scale below, indicate the severity of the sensation. Mark only 1 circle per week.

	No Joint Pain		Moderate Joint Pain		Severe Joint Pain
	1	2	3	4	5
Week 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the time period tracked, did you use any interventions to treat your symptoms? Yes No

If you answered Yes to the above, please explain.

BODY ACHES & PAINS

Do you experience body aches & pain throughout the day, unrelated to extreme physical activity or muscle injury?

Using the scale below, indicate the severity of the sensation. Mark only 1 circle per week.

	No Discomfort		Moderate Aches or Pain		Severe Pain
	1	2	3	4	5
Week 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the time period tracked, did you use any interventions to treat your symptoms? Yes No

If you answered Yes to the above, please explain.

OTHER SYMPTOMS

Acromegaly can also cause other symptoms, such as visual problems, snoring and excessive sweating. The next questions will help you keep track of how frequently you experience these symptoms.

Each week, mark whether you've experienced the following symptoms. If you experience other symptoms not listed below, please write it down in the section provided.

	Week 1	Week 2	Week 3	Week 4
Visual Problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excessive Sweating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Snoring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Talking to Your Doctor

Asking the Right Questions

How you feel is about more than just your IGF-I and GH levels. No matter how long you have been living with acromegaly, it is important that you always have an open and honest discussion with your healthcare team to inform the right choices and treatments for you. Speak up and share your real experience with your doctor. Some questions to ask yourself before your visit:

- How do I feel on my current medication?
- Does my experience vary throughout the month?
- Do I experience side effects throughout the month?
- Are some days of the month easier or harder?
- What additional options exist for me?

Make the Most of Your Appointment

Keep in mind that the amount of time you have with your healthcare team may be limited. Prioritize the few topics that you would like to discuss.

Some topics that can help guide your conversation could include:

- [Updates on your condition:](#)
 - » How do you feel on your current treatment?
 - » How satisfied are you with your treatment?
 - » Does it vary throughout the month?
 - » What options exist to better manage your condition?
- [Your symptoms:](#)
 - » Since your last visit, what has changed?
- [Updates on acromegaly:](#)
 - » What is the latest news about acromegaly treatment?
 - » What can be done, now and in the future, to improve your acromegaly treatment experience?
- [Control of GH and IGF-I levels](#)
 - » When was the last time your GH and IGF-I levels were checked?
 - » Are you experiencing symptoms despite your levels being under control?

Asking good questions and providing thorough information can help make the most of your time with your doctor.