

PATIENT DISCUSSION GUIDE

Talking to your doctor about **GVHD** does not have to be as hard as you may think. Using the simple symptom checklist below can help you prepare and gather the necessary information for a productive visit with your doctor.

Checking symptoms can help you as a caregiver or patient to best identify new or changes in symptoms. Communicate any changes you may notice to your healthcare provider team and stay connected to your journey.



SYMPTOMS CHECKLIST

Select what describe your symptoms:



Skin: _____



Joints, Fascia, Muscles: _____



Mouth: _____



Lungs: _____



Eyes: _____



Genitals: _____



GI Tract: _____



Nervous System: _____

? How can I maintain my stamina, strength and flexibility and do my usual daily activities while living with GVHD? _____

? What resources do you recommend to support my emotional and mental health needs? What about support groups? _____

? Can I go outdoors and enjoy the sun while I have GVHD? _____



NOTES TO REMEMBER TO DISCUSS

The health information contained herein is provided for general educational purposes only. Your healthcare professional is the best source of information regarding your health.

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