Symptom & Visit Tracker

To help people with an interstitial lung disease (ILD) prepare for each appointment

United Therapeutics CORPORATION

Track your:

- **activities and exercise**
- **oxygen use**
- **symptoms/changes observed over time**
- **lab results**

You play an important role on your healthcare team. Together, you will collaborate to monitor your test results, supplemental oxygen use, symptoms, and overall health to detect any changes that may signal the need for pulmonary hypertension (PH) testing.

Use the Symptom & Visit Tracker to carefully track your symptoms and share with your healthcare team. Because symptoms of an ILD can closely resemble those of PH, symptom tracking is especially important.

Symptoms | Activities

Record observations since your last visit, like activities you were able to perform and how you were feeling (be specific; include dates if possible).

New symptoms (include date on which you noticed each new symptom): _____

_____

Symptoms that became worse: _____

_____

Changes in activity levels (be specific; include dates if possible): _____

_____

Change in supplemental oxygen use (include specifics like dates of the change[s] and your activities at the time): _____

_____

Additional notes

Visit Notes | Next Appointments | Doctor Recommendations | Your Questions—Doctor Answers

_____

_____

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Testing Tracker

Pulmonary Function Test Results	Exercise Test Results	Imaging Results	Blood Test Results
• Lung capacity (FVC) tells how much air you can blow out • Diffusion capacity (DL_{CO}) measures how much air moves from lungs into your bloodstream	6-minute walk test and other exercise tests to assess exercise capacity and oxygen levels	• Detailed lung scan (HRCT) to assess lung scarring • Right heart Echo to monitor any changes in the size, shape, or function of your heart	Markers (called BNP or NT-proBNP) that indicate how much strain your heart is under
DATE			
DATE			
DATE			

Other suggested questions

Am I walking shorter distances during exercise tests? _____

_____

Did my oxygen saturation (SpO_2) change during my most recent exercise tests? If so, how? _____

_____

Was the right side of my heart evaluated on my most recent Echo? If yes, can you explain the results?

_____

In general, are there changes in my lab results that suggest I should be tested for PH? _____

_____

BNP=B-type natriuretic peptide; DL_{CO}=diffusing capacity of the lungs for carbon monoxide; Echo=echocardiogram; FVC=forced vital capacity; HRCT=high-resolution computed tomography; NT-proBNP=N-terminal pro-B-type natriuretic peptide; PH-ILD=pulmonary hypertension associated with interstitial lung disease.

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