

# LUPUS CHECKLIST

If you have systemic lupus erythematosus (lupus), every symptom matters.



With lupus, it is important to discuss all of your symptoms – even the ones you might not associate with lupus.

Please complete the Lupus Checklist below and discuss these symptoms with your rheumatologist at each appointment.

## LUPUS REBEL

### SYMPTOMS

DAY 1

DAY 2

DAY 3

DAY 4

	DAY 1	DAY 2	DAY 3	DAY 4
<b>HEART</b>				<b>DAY 4</b>
Chest pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rapid and/or irregular heartbeat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>LUNG</b>				
Pain in the chest when deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>EYE</b>				
Dry eyes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eye redness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Some loss of vision	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>BLOOD</b>				
Bleeding and/or bruising easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Infections	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>MUSCLES &amp; BONES</b>				
Muscle weakness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stiffness in joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aching muscles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>SKIN</b>				
Skin rashes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sensitivity to sun or light	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mouth or nose sores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hair loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>BRAIN</b>				
Seizures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Headache and/or dizziness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Memory problems or confusion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sad thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weakness/numbness on one side (for example, one arm weak or numb)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>KIDNEY</b>				
Swelling of legs and/or feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frothy and/or bloody urine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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## LUPUS REBEL

### SYMPTOMS

DAY 1

DAY 2

DAY 3

DAY 4

#### GENERAL

Fatigue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fevers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor appetite	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### OTHERS

Other 1:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other 2:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TALK TO YOUR RHEUMATOLOGIST ABOUT YOUR

# LUPUS SYMPTOMS

This checklist can help you at your next appointment.

**Step 1:** Complete the checklist.

**Step 2:** Use the notes space below to prepare for each appointment. Regular appointments are often brief so it's important to write down any questions you may have for your rheumatologist ahead of time. Keeping questions brief and focused can help you make the most of your time together.

**Step 3:** Consider bringing a close friend or family member along with you to your appointment to support you and act as an extra set of ears. Give that person the job of writing down the information and answers to your questions that your doctor provides.

**Step 4:** At each appointment, discuss any changes in your health (even the ones you don't think are related to your lupus) with your rheumatologist, as some symptoms may indicate organ damage. If you have more than one doctor, make sure they are all aware what the others are recommending to help ensure there are no conflicts in your health management. Consider bringing copies of your most recent appointment notes to each doctor visit.

Help your doctor help you. Use this checklist To capture your lupus symptoms and bring it to each appointment.

<https://lupusrebel.com/>

## NOTES