



## MONITORING YOUR LUNG SYMPTOMS

Lung symptoms may progress over time.<sup>1,2</sup> If you've been diagnosed with **interstitial lung disease (ILD)**, your doctor will likely use tests to track how your condition is progressing. However, knowing for yourself how your condition changes is also important.

Because changes can happen bit-by-bit, using this tracker **once a week** may help you spot any changes. When completed, take this tracker to your doctor. It can help you discuss your symptoms and get the most out of your appointment.

### References

1. American Lung Association. Stages of Pulmonary Fibrosis. Available at: <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/pulmonary-fibrosis/introduction/stages-of-pulmonary-fibrosis.html/>. [Accessed April 2019].
2. Wells AU, Hirani N. Interstitial Lung Disease Guideline. Thorax 2008;63:v1-v58.

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# Lung symptom tracker

Using the chart below, rate whether or not the symptom has affected you when completing daily activities, such as walking. Using the blank space, add any other significant lung symptoms you may want to track.

On a scale from 1 to 5, check the box that most closely matches the impact your symptom has had.

1 = no change

5 = daily activities are impossible

Symptoms	Dates					
	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__
I felt <b>out of breath</b> .	1	1	1	1	1	1
	2	2	2	2	2	2
	3	3	3	3	3	3
	4	4	4	4	4	4
	5	5	5	5	5	5
I felt <b>more tired than usual</b> .	1	1	1	1	1	1
	2	2	2	2	2	2
	3	3	3	3	3	3
	4	4	4	4	4	4
	5	5	5	5	5	5
I had a <b>dry cough that would not go away</b> .	1	1	1	1	1	1
	2	2	2	2	2	2
	3	3	3	3	3	3
	4	4	4	4	4	4
	5	5	5	5	5	5
	1	1	1	1	1	1
	2	2	2	2	2	2
	3	3	3	3	3	3
	4	4	4	4	4	4
	5	5	5	5	5	5

If you notice changes to your symptoms, contact your doctor. The sooner they know, the sooner they can do something to help.

Remember to bring your tracker with you to your next appointment.