

BRONCHIECTASIS SYMPTOM SNAPSHOT

Don't underestimate the impact of bronchiectasis (BE) flares.

If you're experiencing worsening BE symptoms, such as coughing, increased mucus, shortness of breath, and fatigue, over a period of time—it could be a BE flare. BE flares can lead to lung damage, so it's important to tell your doctor when they happen and work together to manage them.

If BE symptoms worsen, it could be a BE flare. Some worsening symptoms may include:



Coughing



Mucus production



Change in mucus thickness or color



Blood in mucus



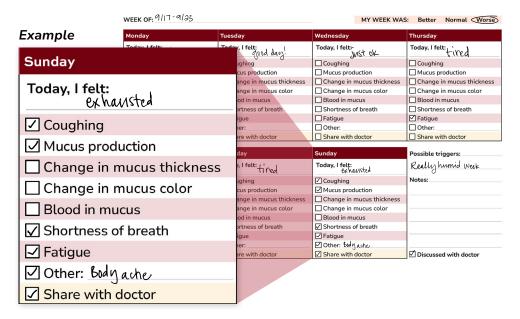
Shortness of breath



Fatigue

It's important to track your worsening BE symptoms. Follow these easy steps:

- **1.** Get started by writing down the week you've tracked. At the end of each week, you can circle a rating (Better, Normal, or Worse)
- 2. Checking off which symptoms got worse can help you keep track of which days were worse than normal
- **3.** If you think you've had a BE flare, you can check the "Share with doctor" box as a reminder. You can also add possible triggers at the bottom right of the form
- 4. Print as many pages as you need to cover additional weeks
- **5.** Once completed, these pages can be a helpful snapshot to share with your doctor, so you can discuss possible BE flares. You can also note when you've had the discussion in the checkbox at the bottom of the form





For more questions to ask your doctor about BE, use your phone to scan the QR code or visit

SpeakUpInBronchiectasis.com/Discussion

Check the boxes to note your worsening bronchiectasis (BE) symptoms

WEEK OF: MY WEEK WAS: Better Normal Worse			
Monday	Tuesday	Wednesday	Thursday
Today, I felt:	Today, I felt:	Today, I felt:	Today, I felt:
Coughing	Coughing	Coughing	Coughing
☐ Mucus production	☐ Mucus production	☐ Mucus production	☐ Mucus production
☐ Change in mucus thickness	☐ Change in mucus thickness	☐ Change in mucus thickness	☐ Change in mucus thickness
☐ Change in mucus color	☐ Change in mucus color	☐ Change in mucus color	☐ Change in mucus color
☐ Blood in mucus	☐ Blood in mucus	☐ Blood in mucus	☐ Blood in mucus
☐ Shortness of breath	☐ Shortness of breath	☐ Shortness of breath	☐ Shortness of breath
☐ Fatigue	☐ Fatigue	☐ Fatigue	☐ Fatigue
Other:	Other:	Other:	Other:
Share with doctor	☐ Share with doctor	☐ Share with doctor	☐ Share with doctor
Friday	Saturday	Sunday	Possible triggers:
Today, I felt:	Today, I felt:	Today, I felt:	
Coughing	Coughing	Coughing	Notes:
☐ Mucus production	☐ Mucus production	☐ Mucus production	
Change in mucus thickness	Change in mucus thickness	Change in mucus thickness	
Change in mucus color	☐ Change in mucus color	☐ Change in mucus color	
☐ Blood in mucus	☐ Blood in mucus	☐ Blood in mucus	
☐ Shortness of breath	☐ Shortness of breath	☐ Shortness of breath	
☐ Fatigue	☐ Fatigue	☐ Fatigue	
Other:	Other:	Other:	
Share with doctor	☐ Share with doctor	☐ Share with doctor	☐ Discussed with doctor





Think it might be a bronchiectasis (BE) flare? Speak to your doctor.



BE flares can lead to lung damage. That's why it's so important to tell your doctor when you think you're having flares and how they impact your life.

This information can help your doctor determine how to best manage what you're experiencing. And it all starts with tracking your BE symptoms.

Here are some questions about BE flar	es you can ask your doctor
☐ I think I've had about	
I seem to have BE flares when , and it forces me to Is there anything write how you cope	
we can do to manage my condition? What can I do if my BE flares are starting to happen more often?	
Are there any specific triggers or factors that increase my risk of BE flares?	
☐ Can BE flares result in lung damage?	
☐ What's the best way for me to share how often I'm experiencing possible BE flares?	



