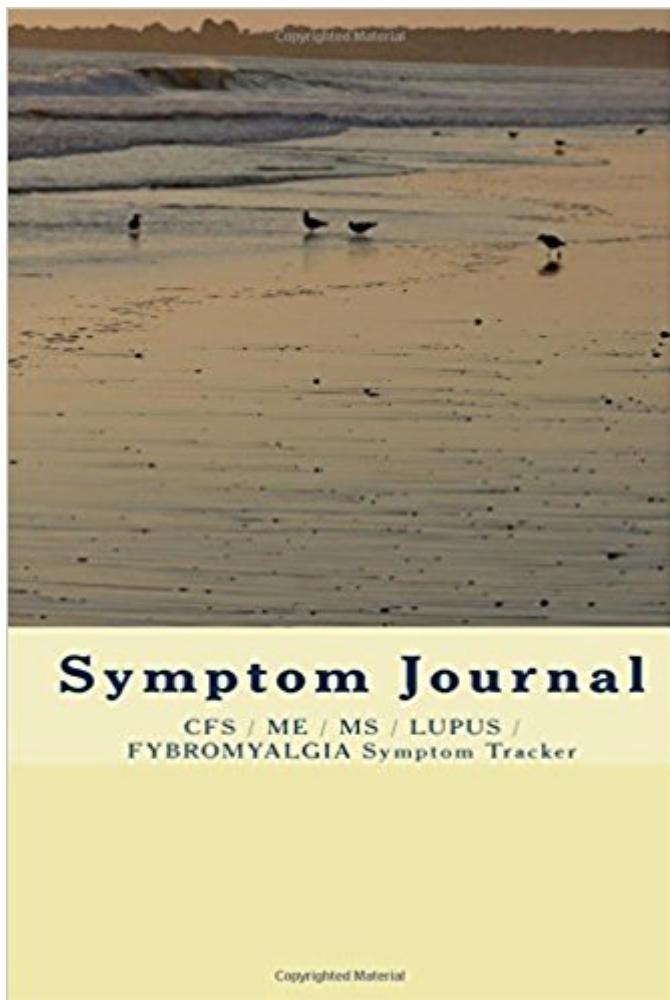


The book was found

# Symptom Journal: CFS / ME / MS / LUPUS Symptom Tracker



## **Synopsis**

An ideal diary to note down symptoms and to assess the best way to pace your day by utilising the sections in this Journal. It can be frustrating to arrive for your G.P / Consultant appointment and then to realise afterwards that you had forgotten to mention relevant information about your symptoms. This can be due to fatigue, memory or feeling particularly ill on the day. This simple Journal has various sections per day to allow you to chronicle symptoms as and when they occur. Take it along to your appointment to refer to if you feel your memory needs prompting. Handy sections that relate to various issues people with CFS / ME / MS / Fibromyalgia and Lupus may experience. Though these are clearly separate illnesses, they unfortunately have many similar features that this Journal specifically caters for. A great way to both possibly assist in diagnosis by way of keeping accurate symptom records for your medical practitioner and also a tool to keep track of aggravating factors. Hopefully this will assist you to avoid activities that worsen your condition thereby trying to manage your day in a more functional and productive way. There are numerous body diagrams so you can mark problem areas as they occur. This is also a useful tool in relation to providing personal information for areas such as insurance or assistance for disability related financial aid should you require help in these areas. You can refer to your Journal/Diary to give a personal insight into how your day to day activities are affected by your illness. What helps your symptoms and alleviates the problems you find difficult, what aggravates them and how that is affecting your ability to achieve certain activities. Included in your Journal are handy tables to note down appointments, test results, therapies and medication. Try using the diary to identify when your best times are so that you can work on achieving optimal health, pace yourself and achieve more by building up a detailed picture of what helps and hinders your activites. Wishing you all a healthy future.

## **Book Information**

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## Customer Reviews

This is the second time I've had this Journal, filled my last one but being pretty cheap to buy it's worth it. Really helped me to see what aggravates my symptoms. Handy sections to remind you about appointments and results, no doubt will be buying again as it is really useful unlike the ones you get with just lined pages! I took my last one with me for an evidence based diary when applying for financial aid and it was so useful set out in neat sections with body diagrams highlighted was brilliant as I would have forgotten to mention half of it with being so stressed!

I am using it every day to track my lupus symptoms and it has been very helpful!

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