

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 if your symptoms are getting worse 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. Start by entering the week you're tracking. Check off which symptoms were worse than normal each day. At the end of the week, circle whether it was *Better*, *Normal*, or *Worse*, compared to how you normally feel
- 2. Use the **Symptom Summary** on page 4 to easily track your weekly progress over time
- 3. Show your doctor these pages to compare your worsening symptoms against how you normally feel. You can also check when you've had the discussion in the checkbox at the bottom of the form. Print as many pages as you need to cover additional weeks

Disclaimer: Examples are not intended to replace treatment recommended by your doctor. If you have any medical concerns, please contact your doctor or seek emergency medical care.

Example

WEEK OF: 9/17-9/23

MY WEEK WAS: Better Normal Worse

Monday	Tuesday	Wednesday	Thursday
Sunday	Today, I felt: <i>good day!</i>	Today, I felt: <i>just ok</i>	Today, I felt: <i>tired</i>
Today, I felt: <i>exhausted</i>	☐ Coughing	☐ Coughing	☐ Coughing
☒ Coughing	☐ Change in mucus	☐ Change in mucus	☐ Change in mucus
☒ Change in mucus	☐ 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: <i>Body ache</i>	☐ Took meds:	☐ Took meds:	☐ Took meds:
☒ Took meds: <i>nebulized Saline</i>	Saturday	Sunday	Possible triggers:
	Today, I felt: <i>tired</i>	Today, I felt: <i>exhausted</i>	Notes:
	☒ Coughing	☒ Coughing	
	☒ Change in mucus	☒ Change in mucus	
	☐ Blood in mucus	☐ Blood in mucus	
	☒ Shortness of breath	☒ Shortness of breath	
	☒ Fatigue	☒ Fatigue	
	☐ Other:	☒ Other: <i>Body ache</i>	
	☐ Took meds:	☒ Took meds: <i>nebulized Saline</i>	☒ Discussed with doctor



For more questions to ask your doctor about BE, use your phone to scan the QR code or visit SuspectBronchiectasis.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
☐ Change in mucus	☐ Change in mucus	☐ Change in mucus	☐ Change in mucus
☐ 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: _____
☐ Took meds: _____	☐ Took meds: _____	☐ Took meds: _____	☐ Took meds: _____

Friday	Saturday	Sunday
Today, I felt:	Today, I felt:	Today, I felt:
☐ Coughing	☐ Coughing	☐ Coughing
☐ Change in mucus	☐ Change in mucus	☐ Change in mucus
☐ Blood in mucus	☐ Blood in mucus	☐ Blood in mucus
☐ Shortness of breath	☐ Shortness of breath	☐ Shortness of breath
☐ Fatigue	☐ Fatigue	☐ Fatigue
☐ Other: _____	☐ Other: _____	☐ Other: _____
☐ Took meds: _____	☐ Took meds: _____	☐ Took meds: _____

Possible triggers: _____

Notes: _____

☐ 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 BE 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 flares you can ask your doctor and space for additional notes

☐ I think I've had about _____
write a number
BE flares since my last visit. Is there anything I can do to help reduce them?

☐ I seem to have BE flares when _____,
write your triggers
_____ . 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?

How are you feeling in between doctor visits?

With bronchiectasis (BE), you can feel fine one week and experience worsening BE symptoms the next. Monitoring how you're feeling week to week can give your doctor a better look into how your management plan is working.

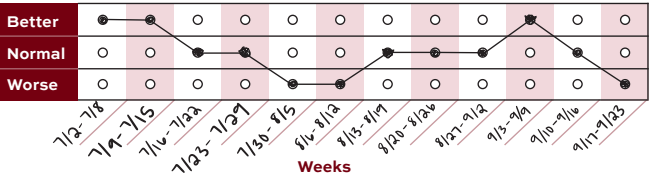
Fill out the summary below to provide your doctor with a clear overview of how you're feeling at your next appointment.

How to log your summary:

- 1. Start by entering each week. Then note whether it was better, normal, or worse
- 2. Write down any questions or comments you may have for your doctor
- 3. Plot out your weekly summary to help your doctor connect the dots between visits

Example

Week of	Better	Normal	Worse	Notes
7/2-7/8	X			Warm weather helps
7/9-7/15	X			
7/16-7/22		X		felt ok, taking my regular meds
7/23-7/29		X		
7/30-8/5			X	more coughing feeling tired
8/6-8/12			X	shortness of breath
8/13-8/19		X		feeling better
8/20-8/26		X		
8/27-9/2		X		Maintaining routine
9/3-9/9	X			airway clearance is helping
9/10-9/16		X		
9/17-9/23			X	Really humid week



Week of	Better	Normal	Worse	Notes

