

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 your next appointment.

SYMPTOMS	I have had this symptom since my last doctor visit	I have had this symptom for: ____ hr/days/weeks	This is the first time I have had this symptom
<i>Example: Skin rash</i>	✓	3 weeks	<input type="radio"/>
Heart			
Chest pain	<input type="radio"/>	_____	<input type="radio"/>
Difficulty breathing	<input type="radio"/>	_____	<input type="radio"/>
Rapid and/or irregular heartbeat	<input type="radio"/>	_____	<input type="radio"/>
Lung			
Pain in the chest when deep breathing	<input type="radio"/>	_____	<input type="radio"/>
Eye			
Dry eyes	<input type="radio"/>	_____	<input type="radio"/>
Eye redness	<input type="radio"/>	_____	<input type="radio"/>
Some loss of vision	<input type="radio"/>	_____	<input type="radio"/>
Blood			
Bleeding and/or bruising easily	<input type="radio"/>	_____	<input type="radio"/>
Infections	<input type="radio"/>	_____	<input type="radio"/>
Muscles & Bones			
Muscle weakness	<input type="radio"/>	_____	<input type="radio"/>
Stiffness in joints	<input type="radio"/>	_____	<input type="radio"/>
Aching muscles	<input type="radio"/>	_____	<input type="radio"/>
Skin			
Skin rashes	<input type="radio"/>	_____	<input type="radio"/>
Sensitivity to sun or light	<input type="radio"/>	_____	<input type="radio"/>
Mouth or nose sores	<input type="radio"/>	_____	<input type="radio"/>
Hair loss	<input type="radio"/>	_____	<input type="radio"/>
Brain			
Seizures	<input type="radio"/>	_____	<input type="radio"/>
Headache and/or dizziness	<input type="radio"/>	_____	<input type="radio"/>
Memory problems or confusion	<input type="radio"/>	_____	<input type="radio"/>
Sad thoughts	<input type="radio"/>	_____	<input type="radio"/>
Weakness/numbness on one side (for example, one arm weak or numb)	<input type="radio"/>	_____	<input type="radio"/>
Kidney			
Swelling of legs and/or feet	<input type="radio"/>	_____	<input type="radio"/>
Frothy and/or bloody urine	<input type="radio"/>	_____	<input type="radio"/>
General			
Fatigue	<input type="radio"/>	_____	<input type="radio"/>
Fevers	<input type="radio"/>	_____	<input type="radio"/>
Weight change	<input type="radio"/>	_____	<input type="radio"/>
Poor appetite	<input type="radio"/>	_____	<input type="radio"/>
Other			
Other 1: _____	<input type="radio"/>	_____	<input type="radio"/>
Other 2: _____	<input type="radio"/>	_____	<input type="radio"/>

TALKING TO YOUR RHEUMATOLOGIST ABOUT YOUR LUPUS SYMPTOMS

Below are some tips that will help you at your next appointment.

- Write down any questions you may have for your rheumatologist before your appointment.
- Be candid and express yourself. It is important to make sure that your doctor is aware of everything you are feeling.
- Bring a close friend or a family member with you to support you and act as an extra set of ears.
- Record and 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 something more serious, such as possible 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.

