

Assessing Your HAE

This tool can help you paint a picture of how hereditary angioedema (HAE) affects you daily. Fill out this assessment and share it with your doctor. Together, you can develop an HAE management plan suited to your needs.

Patient name: _____

Today's date: _____

Year of HAE diagnosis: _____

1. Let's give your doctor an idea of how you currently treat HAE attacks. How often do you use preventive treatment?

- ___ time(s) per week
- ___ time(s) per month
- I don't use preventive treatment

How often do you use on-demand treatment?

- I don't use on-demand treatment
- 0-2 times per month
- 3-4 times per month
- More than 4 times per month

2. Every HAE attack may be different, but your doctor will want to know what your attacks are like. Select all answers that best describe your experience:

- Uncomfortable, but I'm still able to live my life
- Slightly painful, but manageable
- Painful
- Very painful, and they keep me from doing anything
- They require medical attention
- Unlike any of these examples

3. One way to help your doctor understand how HAE affects you is to talk about the impact it has on your daily activities. Which of the following does HAE interfere with? Select all that apply:

- Work
- Chores/errands
- Travel
- Being there for family and/or friends
- School
- Exercise/sports
- Special events

Has this impact changed in the last 6 months?

- It's gotten better
- It's stayed the same
- It's gotten worse

4. How often do you cancel or change plans due to an HAE attack or fear of an attack?

- Never
- Occasionally
- Frequently
- All the time

5. HAE can be unpredictable. How do you try to deal with that unpredictability? Select all that apply:

- Keeping on-demand medication with me at all times
- Taking a preventive treatment as prescribed
- Avoiding my HAE triggers (events, physical activities, foods, stress, etc.)
- Other

6. How satisfied are you with your current HAE management plan?

- Satisfied
- Somewhat satisfied
- Somewhat dissatisfied
- Dissatisfied

At your next appointment, review your answers with your doctor so together you can create the right HAE management plan for you.

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