

DISCOVER HAE | Doctor Discussion Guide

When it comes to hereditary angioedema (HAE), determining a management plan should be a collaborative effort between you and your doctor. Bring this Doctor Discussion Guide with you to your next appointment. Together, you and your doctor can review your symptoms and create a management plan that's based on your individual needs.



Background Info

Diagnosed with HAE Yes No
Current age _____

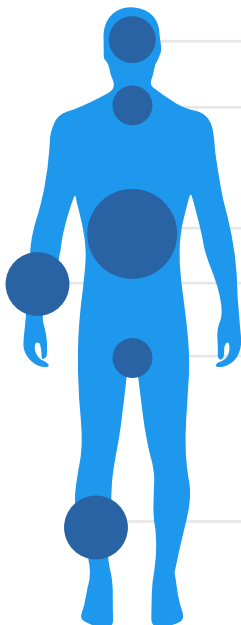


About My HAE Attacks

Average number of HAE attacks per year _____
Length of typical attack _____



Affected Areas



Face/Lips
Throat
Abdomen
Arms/Hands
Genitals
Legs/Feet
Other: _____

How would you rate the severity of a typical attack?

HAE Burden

Number of visits to the emergency room

How often HAE symptoms interfere with day-to-day functioning

Current HAE Treatment

Medications used

About Hereditary Angioedema (HAE) Management

Tips For Living With HAE

Know what to do in an emergency. Talk to your doctor about what steps to take and make sure you know where the nearest emergency room is located and how to get there.

Keep an HAE journal. Track everything from potential triggers to your treatment schedule. Share it with your doctor to help spot changes in your symptoms or identify patterns over time.

Build a support network. You don't have to face HAE alone. Reach out to other members of the HAE community at events or online, and rely on trusted family members and friends.

Helpful Topics to Discuss With Your Doctor

Did you know the World Allergy Organization (WAO) and the European Academy of Allergy and Clinical Immunology (EAACI) created management guidelines for doctors who care for people with HAE? These guidelines can help your doctor create a management plan that's based on your specific needs and circumstances.

When you're working with your doctor to create a plan that's right for you, here are some topics that might come up.

Preventive Treatment

Preventive HAE treatment involves taking medicine routinely to help prevent or reduce the frequency and severity of HAE attacks. If you're curious about discussing preventive treatment with your doctor, be prepared to answer questions like these:

- ✓ How frequent are your HAE attacks?
- ✓ How severe would you say your attacks are?
- ✓ Do you have any other health conditions? If so, what are they?
- ✓ What things have you tried for coping with or treating your HAE?
- ✓ How far do you live from a hospital or healthcare facility?

On-Demand Treatment

On-demand treatment is medicine used to treat the symptoms of an HAE attack. Because everyone with HAE is at risk for an attack affecting the airway, which is potentially life-threatening, it's important that you talk with your doctor about on-demand treatment. Consider asking about an option you can carry with you at all times.

**The International Guideline for the Management of Hereditary Angioedema can be found at worldallergy.org.
For more information and tips on living with HAE, visit DiscoverHAE.com**

