

## Daily, Detailed Record of Symptoms

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Things to consider recording when going through a new illness, medication, or food sensitivities.

### - **Date**

- An obvious one but especially important when your diagnosis takes years

### - **Time**

- Each symptom has a recorded time of onset

### - **Symptom Description**

- Describe each symptom the best way you can
  - Include location. The doctors will be able to translate what that means medically.
    - For example, if someone has chronic upper body pain distinguishing what type of pain is helpful (dull, stabbing, pins and needles, etc).

### - **Level**

- Each symptom has a scale of intensity or pain 1 being the least and 10 being the worst.
  - Be sure to include symptoms that come from mental processes as well, like anxiety or depression.

### - **Medication**

- What it is and what for?
- When did you take it?
- What was the dosage? Also, report when or if you felt relief.
- A big thing to remember is to report side effects.
  - For example, I felt like I was going to pass out every morning, and light-headedness could be linked to MS but it wasn't. The detailed log combined with reading the pharmacological report on my medications clarified the light-headedness was a result of low blood pressure from a new medication. I called my doctor, we took me off the medication, and got rid of the issue.

**- Environment**

- Symptoms may be linked to your environment.
  - Having environmental awareness can clarify if a symptom is linked to the diagnosis or just a reaction to something in your environment, such as noticing a rash formed after you switched detergents.
  - Also, weather may add symptoms to your list because of allergies. Acknowledging you are experiencing several symptoms at once is challenging yet knowing the history that some are from the diagnosis and some are just allergies helps copes more easily.

**- Diet**

- What you eat may effect or be linked to your symptoms.
  - For example, if someone is experiencing incontinence with MS diet is a very influential component.

**- Stress Level**

- On a scale of 1 being the least and 10 being the worst.
  - Also, just being more aware of your stressors can alleviate stress all on its own. Acknowledge everything going on, including transitions.

**- Doctors Appointments**

- Everything being in one place really helps.
  - Write down the medications the doctor prescribed, and how to maintain compliance for maximum effect
  - Important topics discussed at appointment
  - Resources shared
- Also, recording the history and upcoming appointments for your records helps secure, carve out that time for your health, and feel empowered because you are doing everything you can.

**- Additional Notes**

- I collected medical articles that supported my goal and pasted them in my daily record as they coincided with my life circumstances. I still use they records today.