



The Confident Patient:

A Doctor Discussion Guide for Chronic GvHD

Tracking symptoms

- My symptoms feel like they've gotten worse lately. Does this mean my cGvHD may be progressing?
- If my symptoms flare or suddenly worsen, what should I do?
- Is there a chance my condition could progress if we don't act now?
- Which symptoms should I be tracking, and what's the best way to record them?

Understanding treatment decisions

- How would you describe my symptom severity? How will that inform your treatment approach?
- Based on my symptoms and treatment history, what treatment options am I a good candidate for?
- What will my treatment schedule look like? How often will I need follow-up visits or testing?
- How will you evaluate whether my treatment is working?

Treatment options

- Even with treatment, my symptoms have gotten harder to manage. What could my next steps look like?
- What other treatment options are available, and how do they work?
- If we need to switch treatment pathways, what would that process look like?

Symptom check-in

- Nausea, vomiting, or diarrhea
- Mouth sores, gum disease, or dry mouth
- Vision changes or gritty, dry eyes
- Yellowing of the skin or eyes
- Skin rash, itchiness, tightness, or swelling
- Hair loss
- Dry, persistent cough
- Shortness of breath
- Fatigue
- Muscle weakness, cramping, or pain

Notes: