

# CREATE A CHRONIC GVHD WELLNESS PLAN WITH YOUR HEALTH CARE TEAM



## Talking with your health care team can help you better manage your chronic GVHD

Your health care team is here to answer any questions that you may have about chronic GVHD and your treatment. These questions can help guide conversations about creating the best plan for you. You can fill this out before you meet with your health care team, or you can use it as you talk with them and fill out the answers.



## Learning about chronic GVHD

How serious is my chronic GVHD? \_\_\_\_\_

In what ways does chronic GVHD affect my

- |   |   |
|---|---|
| <input type="checkbox"/> Lungs, breathing or ability to exercise?   | <input type="checkbox"/> Appetite (makes me feel nauseous)?                     |
| <input type="checkbox"/> Liver?                                     | <input type="checkbox"/> Sex life?  |
| <input type="checkbox"/> Eyes and mouth?                            | <input type="checkbox"/> Ability to urinate?                                    |
| <input type="checkbox"/> Joints and muscles?                        | <input type="checkbox"/> Mental state (makes me feel depressed and/or anxious)? |
| <input type="checkbox"/> Skin?                                      | <input type="checkbox"/> Other: _____   |
| <input type="checkbox"/> Ability to eat and digest food and drinks? | _____   |

Ask your doctor if there are places where you can learn more about chronic GVHD. \_\_\_\_\_

---

---

# ADDITIONAL QUESTIONS TO ASK YOUR DOCTOR



## Living with chronic GVHD

- What lifestyle changes can I make to help manage my symptoms? \_\_\_\_\_
- What are some short-term physical and emotional goals I can work toward? \_\_\_\_\_
- Where can I find support groups for people with chronic GVHD? \_\_\_\_\_

How can I

- |  |  |
|--|--|
| <input type="checkbox"/> Keep my skin feeling comfortable? | <input type="checkbox"/> Sleep better?                               |
| <input type="checkbox"/> Protect my eyes during the day?   | <input type="checkbox"/> Increase my energy?                         |
| <input type="checkbox"/> Help my mouth sores heal?         | <input type="checkbox"/> Cope with feeling depressed and/or anxious? |
| <input type="checkbox"/> Practice breathing exercises?     | <input type="checkbox"/> Other: _____                                |
| <input type="checkbox"/> Ease my joint and/or muscle pain? | _____  |

- When should I contact you about changes in my physical, mental or emotional wellness? \_\_\_\_\_



## Treating chronic GVHD

- What results should I expect with treatment? \_\_\_\_\_
- How long before I know the treatment is working? \_\_\_\_\_
- How will we measure my progress? \_\_\_\_\_
- What are the possible side effects of my treatment? \_\_\_\_\_
- How can I reduce the amount of steroids I need to take? \_\_\_\_\_

- Are there any other medicines that you would recommend for me? \_\_\_\_\_

**Make the most of your appointment by coming prepared with questions to ask your health care team.  
Remember to bring this discussion guide with you so that you can get answers to your questions.**