

MY SYMPTOMS JOURNAL



IMPORTANT NAMES AND NUMBERS

SERVICE

Primary Care Physician (PCP)

Name:

Lung Doctor (Pulmonologist)

Name:

Emergency Contact Person

Name:

Hospital

Name:

Pharmacy

Name:

Respiratory Therapist

Name:

Dietitian

Name:

Other People to Contact

Name:

Job or Relationship:

Other:

Phone Number:

Phone Number:

Phone Number:

Phone Number:

Phone Number:

Phone Number:

Phone Number:

Phone Number:

DO YOU KNOW YOUR MEDICINES?

<p>Do you have a prescription for a “Rescue Medication?”</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Did your doctor instruct you on how and when to use your “Rescue Medication?”</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Do you have a prescription for a “Daily Use” maintenance medication?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Were you instructed to take your daily “maintenance” medicines every day by your doctor?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Do you take other medicines for COPD such as Oral Steroids, Antibiotics?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Were you instructed by your physician when to take these medicines?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>

Check the appropriate box below each question. If you're not sure what to answer, ask your healthcare practitioner or pharmacist.

When you use your "Rescue Medication," do you use the following?

- Inhaler
- Inhaler + Spacer

Do you take your daily "maintenance" medicines every day?

- Yes
- No

Do you discuss these medicines with your doctor at each visit to make sure you know when to use them?

- Yes
- No

January

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
- Exercise
- Changes in the weather
- Indoor or outdoor air pollution
- Exposure to cigarette or other smoke
- Exposure to things that cause allergies
- Chemicals or other irritants at work
- Worry or stress
- Other/something else

Types of Medicines Used This Month

- Rescue medicine
- Maintenance medicine

February

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
- Exercise
- Changes in the weather
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- Exposure to cigarette or other smoke
- Exposure to things that cause allergies
- Chemicals or other irritants at work
- Worry or stress
- Other/something else

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- Rescue medicine
- Maintenance medicine

March

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
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- Exposure to cigarette or other smoke
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- Chemicals or other irritants at work
- Worry or stress
- Other/something else

Types of Medicines Used This Month

- Rescue medicine
- Maintenance medicine

April

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
- Exercise
- Changes in the weather
- Indoor or outdoor air pollution
- Exposure to cigarette or other smoke
- Exposure to things that cause allergies
- Chemicals or other irritants at work
- Worry or stress
- Other/something else

Types of Medicines Used This Month

- Rescue medicine
- Maintenance medicine

May

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
- Exercise
- Changes in the weather
- Indoor or outdoor air pollution
- Exposure to cigarette or other smoke
- Exposure to things that cause allergies
- Chemicals or other irritants at work
- Worry or stress
- Other/something else

Types of Medicines Used This Month

- Rescue medicine
- Maintenance medicine

June

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
- Exercise
- Changes in the weather
- Indoor or outdoor air pollution
- Exposure to cigarette or other smoke
- Exposure to things that cause allergies
- Chemicals or other irritants at work
- Worry or stress
- Other/something else

Types of Medicines Used This Month

- Rescue medicine
- Maintenance medicine

July

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
- Exercise
- Changes in the weather
- Indoor or outdoor air pollution
- Exposure to cigarette or other smoke
- Exposure to things that cause allergies
- Chemicals or other irritants at work
- Worry or stress
- Other/something else

Types of Medicines Used This Month

- Rescue medicine
- Maintenance medicine

August

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
- Exercise
- Changes in the weather
- Indoor or outdoor air pollution
- Exposure to cigarette or other smoke
- Exposure to things that cause allergies
- Chemicals or other irritants at work
- Worry or stress
- Other/something else

Types of Medicines Used This Month

- Rescue medicine
- Maintenance medicine

September

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
- Exercise
- Changes in the weather
- Indoor or outdoor air pollution
- Exposure to cigarette or other smoke
- Exposure to things that cause allergies
- Chemicals or other irritants at work
- Worry or stress
- Other/something else

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- Rescue medicine
- Maintenance medicine

October

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
- Exercise
- Changes in the weather
- Indoor or outdoor air pollution
- Exposure to cigarette or other smoke
- Exposure to things that cause allergies
- Chemicals or other irritants at work
- Worry or stress
- Other/something else

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- Rescue medicine
- Maintenance medicine

November

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
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- Exposure to cigarette or other smoke
- Exposure to things that cause allergies
- Chemicals or other irritants at work
- Worry or stress
- Other/something else

Types of Medicines Used This Month

- Rescue medicine
- Maintenance medicine

December

Symptoms

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

Irritants or Things That Made Symptoms Worse

- Respiratory infections
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Types of Medicines Used This Month

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