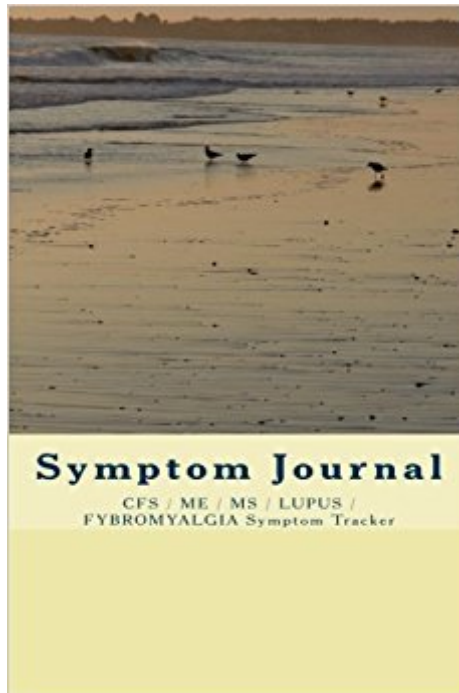




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# Symptom Journal: CFS / ME / MS / LUPUS Symptom Tracker



## Synopsis

An ideal diary to note down symptoms and to assess the best way to pace your day by utilising the sections in this Journal. As well as tracking your symptoms to help manage and pace yourself you can also use to support your disability/benefit/welfare/insurance finance claim by using as supporting evidence in addition to medical evidence and other relevant information. There are several Journals in the Symptom Journal range. Click on Author for others in this range. Most of these Journals are non-profit so that they are accessible to as many people as possible at an affordable cost to hopefully enable you to help yourself. It can be frustrating to arrive for your G.P / Consultant appointment and then to realise afterwards that you had forgotten to mention relevant information about your symptoms. This can be due to fatigue, memory or feeling particularly ill on the day. This simple Journal has various sections per day to allow you to chronicle symptoms as and when they occur. Take it along to your appointment to refer to if you feel your memory needs prompting. Handy sections that relate to various issues people with CFS / ME / MS / Fibromyalgia and Lupus may experience. Though these are clearly separate illnesses, they unfortunately have many similar features that this Journal specifically caters for. A great way to both possibly assist in diagnosis by way of keeping accurate symptom records for your medical practitioner and also a tool to keep track of aggravating factors. Hopefully this will assist you to avoid activities that worsen your condition thereby trying to manage your day in a more functional and productive way. There are numerous body diagrams so you can mark problem areas as they occur. This is also a useful tool in relation to providing personal information for areas such as insurance or assistance for disability related financial aid should you require help in these areas. You can refer to your Journal/Diary to give a personal insight into how your day to day activities are affected by your illness. What helps your symptoms and alleviates the problems you find difficult, what aggravates them and how that is affecting your ability to achieve certain activities. Included in your Journal are handy tables to note down appointments, test results, therapies and medication. Try using the diary to identify when your best times are so that you can work on achieving optimal health, pace yourself and achieve more by building up a detailed picture of what helps and hinders your activities. Wishing you all a healthy future. Other Journals in this range are: \*Symptom Journal/Heart Failure: Heart Failure / Disease Symptom Tracker \*Symptom Journal: HIV / Hepatitis B / Hepatitis C Symptom Tracker \*Dream Journal: Simple and Quirky

## Book Information

Journal: 98 pages

Publisher: CreateSpace Independent Publishing Platform (June 21, 2014)

Language: English

ISBN-10: 1500204595

ISBN-13: 978-1500204594

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #121,167 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #145 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

As someone with a close friend who experiences chronic health problems, I designed the CFS/ME/Fibromyalgia Journal for their personal use. After realising just how useful my friend found it and following requests from his friends at a support group for copies, I decided to publish it so that others could utilize the illness specific sections. It proved to be extremely popular, so further illness specific journals have been designed with the same aim in mind. From Lupus to ME to Heart Failure to HIV. Many chronic health conditions though medically completely different in essence, have symptoms in common : pain, fatigue, physical restrictions, that can impact on day to day functioning. Using these journals may help to identify triggers, help to pace and possibly become a resource to provide your medical health professional a detailed personal picture of what you experience day to day, especially helpful for fluctuating conditions. They are non-profit so that as many chronically ill people as possible can have affordable access to them. Besides these wonderful little journals, I write fiction. One of my books, 'Fable's Golden Ring' is a fantasy novel which I actually got the idea from during a rather adventurous nightmare! I tend to jot down my more adventurous dreams in my dream journal (another useful book!), several years ago, after noting down details of a rather colourful dream, the seed for Fable's Golden Ring was planted. Four hundred and odd pages later, it came to fruition and was so much fun to write! If you read it, I hope you enjoy! Good luck and good health.

I am using it every day to track my lupus symptoms and it ha been very helpful!

I love this journal so much for being able to accurately recording my pain and symptoms. Had to

order another.

very good to keep track of the the symptoms by day and medical records

Great journal fits my needs.

This is the second time I've had this Journal, filled my last one but being pretty cheap to buy it's worth it. Really helped me to see what aggravates my symptoms. Handy sections to remind you about appointments and results, no doubt will be buying again as it is really useful unlike the ones you get with just lined pages! I took my last one with me for an evidence based diary when applying for financial aid and it was so useful set out in neat sections with body diagrams highlighted was brilliant as I would have forgotten to mention half of it with being so stressed!

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