



Boosting IgG4-RD quality of life

A doctor discussion guide for people with IgG4-RD

1 Prioritizing symptoms and challenges



Have you experienced any of the following since your last visit? Place a check next to any you'd like to prioritize for discussion:

- | | |
|---|--|
| <input type="checkbox"/> Swelling in glands or organs (salivary, pancreas, kidneys, etc.) | <input type="checkbox"/> Dry mouth or difficulty swallowing |
| <input type="checkbox"/> Fatigue or low energy | <input type="checkbox"/> Persistent pain or discomfort |
| <input type="checkbox"/> Digestive issues (bloating, pain, irregular bowel movements) | <input type="checkbox"/> Emotional stress, anxiety, or mental health changes |
| <input type="checkbox"/> Breathing difficulties or shortness of breath | <input type="checkbox"/> Other _____ |

► Use this space to provide specific examples or additional notes about your current challenges:

2 Reviewing side effects and adjusting medications



► What's your current treatment plan? List any medications or therapies you're currently using:

► Have you noticed any side effects you'd like to discuss? (e.g., mood changes, weight gain, sleep disturbances)?

► Would you like to explore adjusting doses or switching medications? Use this space to note if you would like to discuss options for reducing side effects or improving how your treatment works for you:

3 Foreseeing complications and flares



► Do you notice any warning signs that a flare-up might be coming? Check any that apply:

- | | |
|--|---|
| <input type="checkbox"/> Increased swelling | <input type="checkbox"/> Breathing difficulties |
| <input type="checkbox"/> Worsening fatigue | <input type="checkbox"/> Changes in mood or mental health |
| <input type="checkbox"/> New or worsening digestive issues | <input type="checkbox"/> Other _____ |

- Use this space to provide specific examples or additional notes about your current challenges:

- Would you like to create a plan with your doctor for managing future flares? Use this space to jot down questions or steps to take if symptoms worsen:

- Is it time for preventive screenings (e.g., organ function tests)? Note any questions about upcoming or overdue tests here:

4 Looking ahead at long-term goals and planning



- What are some personal goals that matter to you right now?

- Discuss with your doctor how your care plan supports these goals and whether any adjustments could be beneficial. Use this space to jot down questions or ideas that will guide the conversation.

5 Other notes



Use this space to write down anything else you want to discuss with a doctor about your care plan:



Want more information?

See our guide to
[understanding IgG4-RD](#)
or scan this QR code.

IgG4-RD

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