

# MY SYMPTOMS JOURNAL



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# IMPORTANT NAMES AND NUMBERS

## SERVICE

### Primary Care Physician (PCP)

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Lung Doctor (Pulmonologist)

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Emergency Contact Person

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Hospital

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Pharmacy

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Respiratory Therapist

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Dietitian

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Other People to Contact

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Job or Relationship: \_\_\_\_\_

Other: \_\_\_\_\_

# DO YOU KNOW YOUR MEDICINES?

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

<p><b>Do you have a prescription for a "Rescue Medication?"</b></p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><b>Did your doctor instruct you on how and when to use your "Rescue Medication?"</b></p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><b>When you use your "Rescue Medication," do you use the following?</b></p> <p><input type="checkbox"/> Inhaler <input type="checkbox"/> Inhaler + Spacer</p>
<p><b>Do you have a prescription for a "Daily Use" maintenance medication?</b></p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><b>Were you instructed to take your daily "maintenance" medicines every day by your doctor?</b></p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><b>Do you take your daily "maintenance" medicines every day?</b></p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p><b>Do you take other medicines for COPD such as Oral Steroids, Antibiotics?</b></p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><b>Were you instructed by your physician when to take these medicines?</b></p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><b>Do you discuss these medicines with your doctor at each visit to make sure you know when to use them?</b></p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>

# 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

## Types of Medicines Used This Month

- 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
- 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

# 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

## Types of Medicines Used This Month

- 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

## Types of Medicines Used This Month

- 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
- 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

# 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
- 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

