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 **RECORDATI**
RARE DISEASES

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MY iMCD

DIARY

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WELCOME TO YOUR iMCD DIARY

Use this diary to keep a record of any iMCD (idiopathic Multicentric Castleman Disease) symptoms you might experience, and of your overall well-being. This will support your doctor to monitor your condition and improve your communication with them during the visits.

How should I use this diary?



Write down your details, the contact details of your doctor, and the details of any medications you take, so that your caregiver has all the important information in case of emergencies



Use the diary entry form to monitor your progress, by recording how you feel and any symptoms you may have experienced



Make a note of how severe your symptoms are and report them to your doctor.

How often should I use my diary?

How often you use this diary is up to you. However, using it every day (or at least every other day) may help you when you first begin your new therapy, as it will allow you to see what effect the therapy is having and how your condition improves.

To monitor and manage your progress, it is useful to take your up-to-date diary with you to each appointment with your doctor.

What symptoms should I look out for?

Common symptoms of iMCD can include:



Enlarged or swollen lymph nodes



Fatigue



Night sweats



Fever



Unintended weight loss



Skin rash



Fluid accumulation



Cough



Tender abdomen



Any pains/aches

When monitoring your symptoms, it is important to **make a note of any changes you notice**, even if you don't think they are important.

MY DETAILS



Full name:



Date of birth:



Address:



Phone number:



Emergency contact:

Name:

Phone number:



My doctor:

Name:

Phone number:



Medication I regularly take:

Medication	Dose	How often?



Medications I take as needed:

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