Behçet's Disease Flare Tracker

Behçet's disease flare tracker

During times of flares or symptom severity it can be hard to keep track of your symptoms each day, however, it is this information that will support you in getting the help you need when seeing your doctor. Use this tracker to keep a record of what is happening for you during these periods.

How to use this tracker:

- The symptom tracker is the following two pages. Print out a copy of both pages for each day of your flare so you have an accurate record over a number of days. Be sure to date each one.
- Use the notes area to keep track of specifics i.e. high fever for the day, which joints are painful or swelling, where do you have the red bumps, are both eyes impacted or just one. The more specific you can be the better chance of being able to relay the correct symptoms to your doctor.
- Use the severity scale of 1 (low level) to 10 (severe level)
- Take the daily trackers with you to see your doctor/specialist
- Keep a folder/binder to store your trackers so you are able to look back at any time to compare each flare and determine any patterns, triggers etc.

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Date:

Mouth Symptoms	Present Y/N	Severity 1-10	Notes
Mouth Ulcers			
Throat Pain/Redness			
Difficulty Swallowing			
Hoarseness/Voice Changes			

Genital Symptoms	Present Y/N	Severity 1-10	Notes
Genital Ulcers			
Swelling			
Discharge			

Skin/Joint Symptoms	Present Y/N	Severity 1-10	Notes
Erythema nodosum (tender red lumps)			
Pustular lesions or acne like spots			
Joint pain/swelling			
Muscle aches			

Eye Symptoms	Present Y/N	Severity 1-10	Notes
Redness or Pain			
Blurred Vision			
Sensitivity to light			

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Date:

System/Neurological Symptoms	Present Y/N	Severity 1-10	Notes
Fatigue			
Headache			
Confusion, numbness or tingling			
Fever			

Medications	Meds	PRN Meds
Medications taken today		
Missed doses		

Triggers	Notes
Stress level (0-10)	
Possible triggers, food, illness etc	

Overall Impact	Yes/No	Notes
Daily functioning impacted		
Felt like a flare starting		
Behçet's specialist follow-up needed?		

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In addition to tracking your symptoms and medications it's also a good idea to keep note of other things that may occur that are not usual for you during these times. There is space below for you to make notes about unusual symptoms and your dietary intake during these times. Are you eating more, less, certain foods etc.

Date	Unusual Symptoms	Dietary Intake

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As a bi-national organisation, we also acknowledge Māori as tangata whenua and Treaty of Waitangi partners in Aotearoa New Zealand.

We recognise and welcome the contribution, life experience and wisdom of people of all ages, from culturally, ethnically and linguistically diverse backgrounds, the LGBTIQA+ community, those with lived experience of disability, chronic health conditions including mental health, and the lived experience of carers.

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