

# My HAE Attack Management Journal



Bring your journal to your next doctor's appointment to help guide the discussion.

**Date of attack** \_\_\_\_\_

**Area affected** \_\_\_\_\_

**Attack severity** \_\_\_\_\_

**Where was I when the attack happened?** \_\_\_\_\_

**Did I have my on-demand medication with me?** \_\_\_\_\_

**Did I treat it right away? If not, why?** \_\_\_\_\_

**How long did it take to recover from the attack?** \_\_\_\_\_

**How I'm feeling about the way I managed this attack** \_\_\_\_\_

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**Notes** \_\_\_\_\_

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**MIND THE HAE ATTACK IS A PLATFORM FOR EVERYONE IN THE HAE COMMUNITY**  
Get updates from the community at [MindtheHAEattack.com/register](https://MindtheHAEattack.com/register).