

Wilson Disease (WD) Symptom Tracker

Patient Name: _____ Today's Date: _____ Date of Last Visit: _____

Track your symptoms

The goal of this tool is to help keep track of potential symptoms related to WD. Between your visits, check off symptoms as you notice them. You can also keep notes or write down questions to ask your healthcare provider at your next visit.

Since your previous visit, are you experiencing any of the following symptoms?

Neurological symptoms	New	Worse	Ongoing	Notes
Problems with coordination or balance				
Declining performance at work or school				
Difficulty speaking				
Problems swallowing				
Headaches				
Tremors				
Insomnia (difficulty falling asleep or staying asleep, poor sleep quality at least 3 nights per week)				
Psychiatric symptoms	New	Worse	Ongoing	Notes
Mood or behavior changes (irritability, lack of interest, poor decision-making)				
Depression				
Anxiety (excessive worry, nervousness, or unease that may affect daily functioning)				
Sleep disturbances (poor sleep quality, frequent waking through the night, daytime drowsiness)				
Cognitive symptoms	New	Worse	Ongoing	Notes
Forgetful				
Trouble with impulse control or thinking before acting				
Difficulty paying attention				

You may experience symptoms that are not listed above. Use this space to keep track of additional symptoms:

Understanding WD symptoms

- Without proper WD treatment, excess copper accumulates in the liver and other organs like the brain, causing various symptoms
- Neurological symptoms vary and change over time with WD. You may even experience more than 1 symptom at a time
- People with WD may have a wide range of psychiatric symptoms. Referral to a psychiatrist could help you address your symptoms
- Cognitive symptoms may be hard to recognize and may impact many different areas of your daily life



At your next visit

Use the tracker on the front as a guide to talk about your WD symptoms with your healthcare provider:

- Be sure it is up to date with any new, worsening, or ongoing WD symptoms you may be experiencing
- Report any changes since your last visit
- Ask any questions that you may have about your symptoms
- Discuss any concerns regarding your WD treatment

Ask your healthcare provider to add their contact information in the space below:

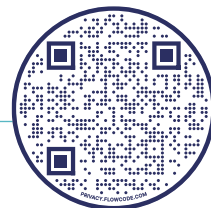


Lifelong management for WD is necessary, regardless of symptoms. Regular check-ups with your healthcare provider are important to keep track of your disease.



The Wilson Disease Association (WDA) provides support and hope to people impacted by Wilson disease worldwide so that they may lead the best quality of life possible.

For more information and resources on WD, check out www.wilsondisease.org



Orphanan created this resource to support informed discussions about Wilson Disease. It is not intended to replace individual medical advice. You should always consult your responsible healthcare provider for all decisions concerning your care. Orphanan disclaims all liability for any health-related matters related to the use of this resource to the fullest extent of the law.