

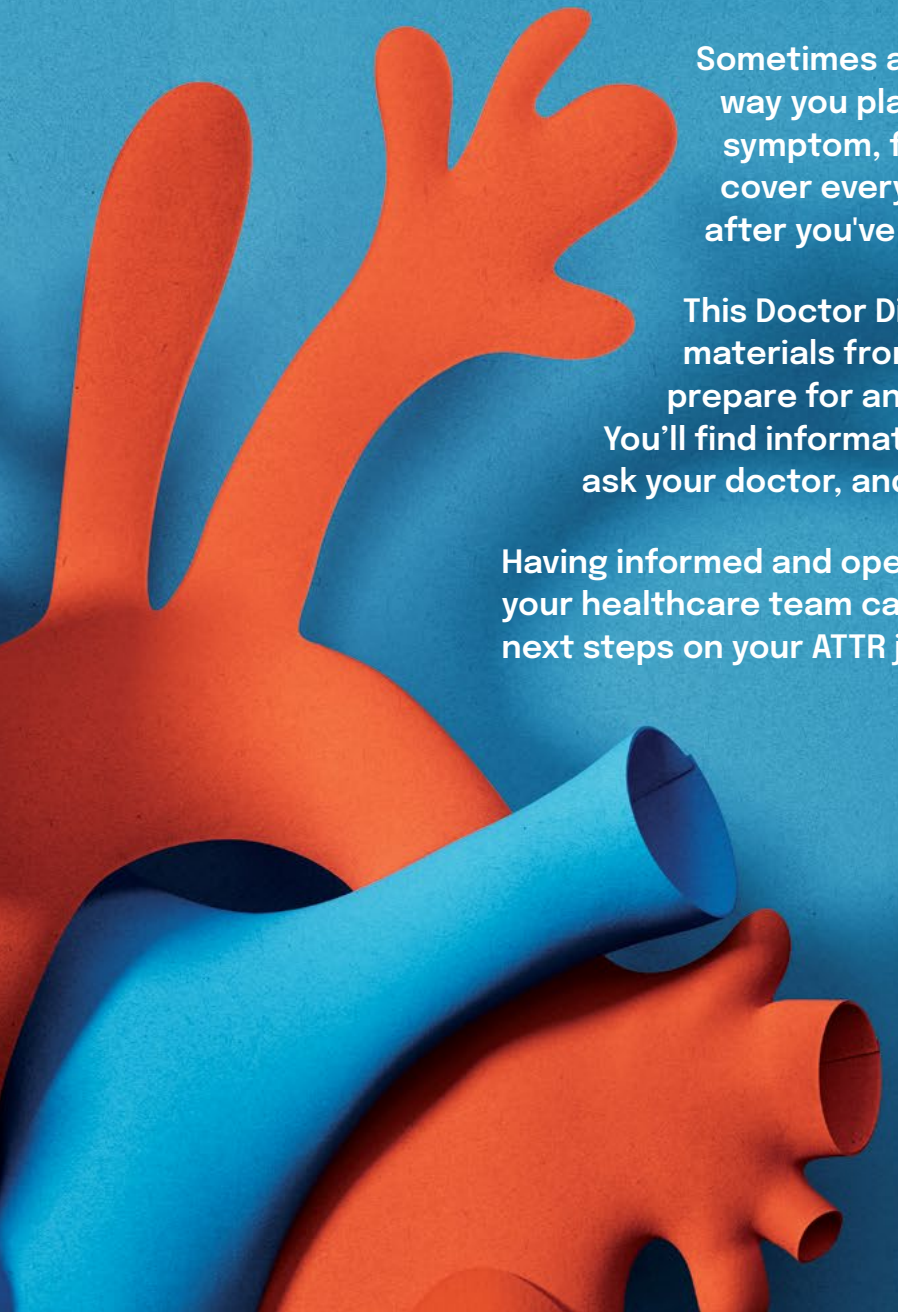


Get the most out of
**YOUR DOCTOR
APPOINTMENTS**

Explore ways you
can have productive
conversations about
ATTR amyloidosis (ATTR).

CECE, living with hereditary ATTR

KEEP THE ATTR CONVERSATION GOING



Sometimes a doctor's visit doesn't always go the way you plan. You might forget to mention a symptom, feel like there's not enough time to cover everything, or remember a question only after you've left.

This Doctor Discussion Guide, as well as other materials from ATTR Revealed, can help you prepare for and keep focused during your visit. You'll find information about ATTR, questions you can ask your doctor, and space to take notes.

Having informed and open conversations about ATTR with your healthcare team can help you feel confident in your next steps on your ATTR journey.

Go beyond the surface of ATTR

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ATTR is an underdiagnosed and progressive disease with symptoms that can worsen over time and affect multiple parts of the body



Symptoms are caused by the continuous buildup of transthyretin (TTR) proteins, also called amyloid deposits, which **damage parts of the body**

Appointment Prep

Note your answers below and share them with your doctor.

Have you or a loved one been diagnosed with ATTR?

Are you or your loved one currently managing the disease?

Do you have a family history of ATTR or symptoms related to ATTR?

If so, please explain:

Discover more about ATTR with the Educational Overview Brochure
at ATTRrevealed.com/brochure

Understand the signs and symptoms



Symptoms of ATTR can affect several parts of the body and can worsen over time, affecting everyday tasks



Talk to your doctor about all your symptoms, even if you've already received a diagnosis or if they seem unrelated



Keep track of your symptoms, how they impact your life, and whether or not they change over time

Appointment Prep

Note your answers below and share them with your doctor.

Have you experienced any worsening or new symptoms since your last visit?

If yes, describe any new or changing symptoms below.

Mark which symptoms you are experiencing

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Symptoms/conditions related to the heart:

- Heart failure
- Abnormal heart rhythms (arrhythmias)
- Irregular heartbeat
- Shortness of breath
- Fatigue
- Fainting
- Leg swelling (edema)

Symptoms related to control over bodily functions:

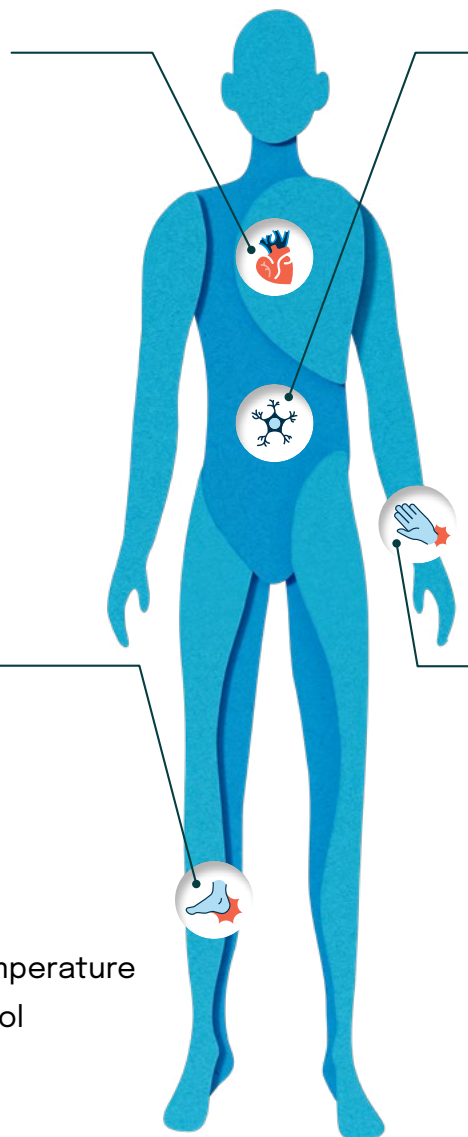
- Digestive issues (nausea and vomiting, diarrhea, constipation)
- Dizziness upon standing
- Unintentional weight loss
- Recurrent urinary tract infections (UTIs)
- Abnormal sweating
- Sexual dysfunction

Symptoms related to nerves in hands, feet, arms, and legs:

- Tingling
- Numbness
- Burning pain
- Loss of sensitivity to temperature
- Loss of movement control
- Weakness

Symptoms related to the muscles, joints, and tendons:

- Carpal tunnel syndrome
- Lumbar spinal stenosis
- Biceps tendon rupture
- Rotator cuff injury
- Osteoarthritis
- Trigger finger



This is not a complete list of symptoms that may be experienced by people with ATTR. Each person has a different experience, and you may not have all of these symptoms, or you may not have them at the same time.

Reveal more with the Symptoms Tracker & Checklist
at ATTRrevealed.com/tracker

Getting the right diagnosis

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Misdiagnosis or delays in diagnosing ATTR are common because the varying symptoms can be mistaken for other conditions, including heart failure or carpal tunnel syndrome.

Knowing what to look for can help you recognize symptoms and work with your doctor to determine an accurate diagnosis. Your doctor should be looking for at least one of the following:



Appearance of symptoms associated with ATTR, which can affect multiple parts of the body



Buildup of amyloid deposits through assessments and testing

Your doctor may conduct several tests that assess your heart and nerve function to help confirm a diagnosis. During this process, **it is important to tell your doctor about all of the symptoms you are experiencing**, even if they're unrelated or don't apply to your doctor's specialty. **An accurate diagnosis is essential to ensure your condition is managed appropriately.**

Explore the diagnosis process with the Guide to Diagnosis
at ATTRrevealed.com/diagnosis

Talking to your doctor about treatment options

If you are diagnosed with ATTR, starting treatment right away is key to managing your symptoms.



There are treatment options available for patients with certain symptoms and types of ATTR that address the underlying cause of the disease. These work by:

- **Silencers:** Reducing the amount of TTR protein made in the body, which can help decrease the formation of amyloid deposits
- **Stabilizers:** Decreasing the amount of TTR proteins that take on an abnormal shape and form amyloid deposits in the body

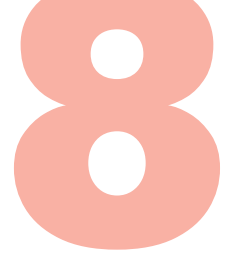


Since ATTR can worsen quickly over time, it is important to share any new or changing symptoms that you or your loved one are experiencing.

Managing the condition is an ongoing process, so it is important to have these conversations with your healthcare team.

Talk to your doctor about what treatment plan may be right for you.

Get ready for your next appointment



As you use this Doctor Discussion Guide to **prepare for your next doctor's visit**, keep in mind that ATTR can impact each patient differently. Please **be open about your questions or concerns**. Bring a list of your symptoms and current medications. Consider bringing someone you trust to your appointment for support and to advocate for you.

Here are a few questions to help guide the conversation with your doctor at your next visit:

How can you tell if ATTR is getting worse over time?

What is the best way to keep track of my symptoms?
Which details are important to record and share?

What are the first steps in getting a diagnosis?

What are the next steps to getting on treatment?

If I get diagnosed with ATTR, how will we be working together to manage the disease?

Notes

Use this space for any additional questions, concerns, or information you want to share with your doctor.

MICHAEL,
living with wtATTR



Scan the code or visit www.ATTRrevealed.com
to learn more about ATTR and take advantage
of other resources.



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