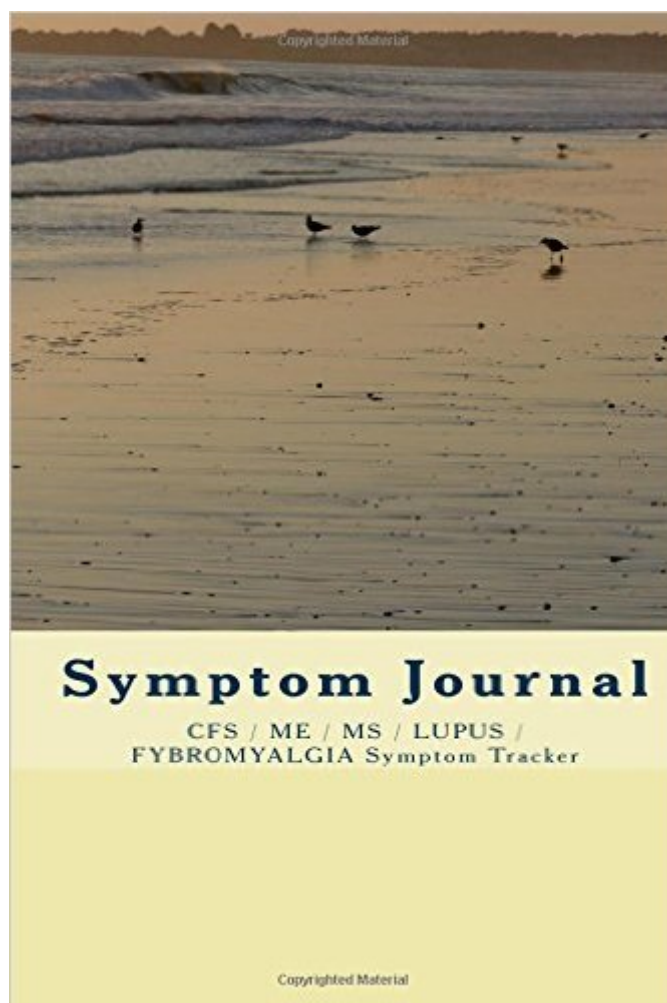


The book was found

# Symptom Journal: CFS / ME / MS / LUPUS Symptom Tracker



## Synopsis

An ideal diary to note down symptoms and to assess the best way to pace your day by utilising the sections in this Journal. It can be frustrating to arrive for your G.P / Consultant appointment and then to realise afterwards that you had forgotten to mention relevant information about your symptoms. This can be due to fatigue, memory or feeling particularly ill on the day. This simple Journal has various sections per day to allow you to chronicle symptoms as and when they occur. Take it along to your appointment to refer to if you feel your memory needs prompting. Handy sections that relate to various issues people with CFS / ME / MS / Fibromyalgia and Lupus may experience. Though these are clearly separate illnesses, they unfortunately have many similar features that this Journal specifically caters for. A great way to both possibly assist in diagnosis by way of keeping accurate symptom records for your medical practitioner and also a tool to keep track of aggravating factors. Hopefully this will assist you to avoid activities that worsen your condition thereby trying to manage your day in a more functional and productive way. There are numerous body diagrams so you can mark problem areas as they occur. This is also a useful tool in relation to providing personal information for areas such as insurance or assistance for disability related financial aid should you require help in these areas. You can refer to your Journal/Diary to give a personal insight into how your day to day activities are affected by your illness. What helps your symptoms and alleviates the problems you find difficult, what aggravates them and how that is affecting your ability to achieve certain activities. Included in your Journal are handy tables to note down appointments, test results, therapies and medication. Try using the diary to identify when your best times are so that you can work on achieving optimal health, pace yourself and achieve more by building up a detailed picture of what helps and hinders your activities. Wishing you all a healthy future.

## Book Information

Journal: 98 pages

Publisher: CreateSpace Independent Publishing Platform (June 21, 2014)

Language: English

ISBN-10: 1500204595

ISBN-13: 978-1500204594

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #798,723 in Books (See Top 100 in Books) #45 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #832 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

This is the second time I've had this Journal, filled my last one but being pretty cheap to buy it's worth it. Really helped me to see what aggravates my symptoms. Handy sections to remind you about appointments and results, no doubt will be buying again as it is really useful unlike the ones you get with just lined pages! I took my last one with me for an evidence based diary when applying for financial aid and it was so useful set out in neat sections with body diagrams highlighted was brilliant as I would have forgotten to mention half of it with being so stressed!

I am using it every day to track my lupus symptoms and it has been very helpful!

[Download to continue reading...](#)

Symptom Journal: CFS / ME / MS / LUPUS Symptom Tracker Cancer Symptom Management (Cancer Symptom Management (Yarbro)) Journal Daily: inside Tree Design, Lined Blank Journal Book, 150 Pages, 6" x 9" (15.24 x 22.86 cm), blank journal pages, writing journal MAGIC WAND FOR SALE, a story about lupus: A book that helps you to explain your Children to understand LUPUS The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) LUPUS: Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis. Treatments. Research. The Lupus Answer - Holistic Lupus Diet & Treatment The Lupus Guide: An education on and coping with Lupus Connective Tissue Diseases: Holistic Therapy Options--Sjogrens Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and Primary Raynauds phenomenon; Raynauds Disease; Polymyositis Dermatomyositis Food Intolerance & Allergy Tracker with Blood Sugar Log: (A Food Journal/Diary for Diabetics to Track Food Intolerances and Allergies) The Book Lover's Journal (Reading Journal, Book Journal, Organizer) Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Water Color Paint Journal, Lined Journal, 6 x 9, 100 Pages 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction Alice in Wonderland Chalkboard Journal - We're All Mad Here: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, ... Chalkboard Notebook Journals) (Volume 5) Chalkboard Journal - Be Still & Know (Yellow): 100 page 6" x 9" Ruled Notebook: Inspirational

Journal, Blank Notebook, Blank Journal, Lined Notebook, ... Journals - Yellow Collection) (Volume 3) Chalkboard Journal - Be Still & Know: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, Blank Diary (Chalkboard Notebook Journals) (Volume 3) Plague: One Scientist's Intrepid Search for the Truth about Human Retroviruses and Chronic Fatigue Syndrome (ME/CFS), Autism, and Other Diseases Plague: One Scientist's Intrepid Search for the Truth about Human Retroviruses and Chronic Fatigue Syndrome (ME/CFS), Autism, and Other Diseases Third Opinion, Fourth Edition: An International Resource Guide to Alternative Therapy Centers for Treating and Preventing Cancer, Arthritis, Diabetes, HIV/AIDS, MS, CFS, and Other Diseases

[Dmca](#)