SIGNS OF SMA

MY PERSONALIZED DISCUSSION GUIDE

AGE 0-6 MONTHS

Use this guide to help you prepare for discussing your concerns with your doctor. The more information they have the better equipped they will be to provide the best possible care for your baby

☐ POOR HEAD CONTROL

- When lying on their back or tummy; my baby struggles to move their head from side-to-side, and to lift their head up
- When on their back their head rests on one side of their body with little movement

Age when symptom was first noticed ..... months

Notes .....

☐ WEAK LEGS & ARMS

- When lying on their back my baby does not move or lift their arms and legs very much, rarely kicking their legs or moving their arms away from their body
- They struggle to reach for things

Age when symptom was first noticed ..... months

Notes .....

☐ FAST BELLY BREATHING

- My baby's breathing is fast, even when they are resting
- When breathing, their belly moves up and down noticeably more than their chest

Age when symptom was first noticed ..... months

Notes .....

☐ DIFFICULTY FEEDING/SWALLOWING

- My baby struggles to suck or swallow when feeding due to weakness
- They are slow when feeding as they struggle to swallow

Age when symptom was first noticed ..... months

Notes .....

☐ TONGUE FASCICULATION

- My baby's tongue twitches (fasciculations)
- Their tongue appears weak or limp

Age when symptom was first noticed ..... months

Notes .....

☐ WEAK CRY & COUGH

- My baby's cry is difficult to hear and seems weak
- Their cough sounds weak and they cough repeatedly
- Their cough sounds 'chesty'

Age when symptom was first noticed ..... months

Notes .....

ANY OTHER SYMPTOMS NOTICED

QUESTIONS OR CONCERNS TO ASK MY DOCTOR

CHECKLIST FOR CONSULTATION

- [ ] Consultation booked
- [ ] Completed symptom checklist
- [ ] Videos or photos of symptoms to show doctor
- [ ] Questions listed for doctor

NOTES DURING CONSULTATION

NOVARTIS

This material was developed by Novartis and is intended to aid your discussion with your baby's doctor or care team
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