

# A Patient's Journey Through *AL amyloidosis*

## NAVIGATING YOUR DIAGNOSIS WITH CONFIDENCE

Being diagnosed with AL amyloidosis can be overwhelming. Here is a roadmap to help you **gain the knowledge** and confidence you need to **adjust** to your new diagnosis.

### SYMPTOMS

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AL amyloidosis can affect many organs in the body. It most often involves the heart and kidneys, but it can also affect the liver, digestive system, skin, tongue, and nerves. Your symptoms will depend on which organs are involved and may include:

Symptoms that may indicate heart problems



SHORTNESS OF BREATH



FEELING TIRED OR WEAK



CHEST PAIN



HEART PALPITATIONS

Symptoms that may indicate kidney or bladder problems



FOAMY URINE



URINATING LESS FREQUENTLY OR NEEDING TO GET UP AT NIGHT TO URINATE

Symptoms that may indicate stomach or intestinal problems



LOSS OF APPETITE & UNINTENTIONAL WEIGHT LOSS



BLOATING



CONSTIPATION OR DIARRHOEA

Other signs and symptoms

- ♡ Dizziness, light-headedness, or fainting (especially when standing)
- ♡ Swelling of ankles and legs
- ♡ An enlarged tongue
- ♡ Numbness, tingling, burning, or weakness in the hands, fingers, feet, or legs
- ♡ Unusual bruising, bleeding, or purple-coloured skin/rash (including around the eyes or on skin folds)

**If you notice any signs of AL amyloidosis, contact your healthcare provider right away. Early diagnosis and treatment are crucial in preventing further damage to your heart and other organs.**

### DIAGNOSIS

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Because the symptoms of AL amyloidosis can be similar to other conditions, your healthcare provider may perform several tests to confirm your diagnosis. Along with a physical exam and a review of your medical history, diagnostic tests may include:

- ♡ Blood tests
- ♡ Urine tests
- ♡ Echocardiogram (Echo)
- ♡ Magnetic resonance imaging (MRI), including cardiac magnetic resonance (CMR)
- ♡ Computerised tomography (CT) scan
- ♡ Tissue biopsy
- ♡ Biomarker testing

### EDUCATION

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To better understand AL amyloidosis and make informed decisions about your treatment, learn more about:



CAUSES OF AL AMYLOIDOSIS



IMPACT ON THE HEART OR OTHER ORGANS



PROGRESSION OVER TIME

### TREATMENT OPTIONS

4

While there is currently no cure for AL amyloidosis, there are treatments that can help improve your quality of life, including:



LIFESTYLE CHANGES



MEDICATION



CHEMOTHERAPY AND OTHER PROCEDURES

### LIVING WITH AL AMYLOIDOSIS

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Although AL amyloidosis is a chronic condition, there are steps you can take to manage it effectively, support your wellbeing and reduce the risk of complications:



FOLLOW YOUR TREATMENT PLAN



MAKE ADDITIONAL LIFESTYLE CHANGES



ADAPT YOUR DIET



DISCUSS WITH YOUR DOCTOR ANY SIDE EFFECTS



DO NOT IGNORE YOUR SYMPTOMS



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