



myHAEcheckup.ca

myHAE REFLECTION GUIDE



How does HAE affect your emotions?



How does the unpredictability of HAE affect your quality of life?



Have you noticed that living with HAE is affecting your social life?



Do you feel HAE stops you from getting ahead in your life?



How does HAE affect your family planning?



What would improve YOUR quality of life?

Sharing your thoughts and feelings with your healthcare team can help them provide you with care that best fits your needs.

Don't be afraid to ask your healthcare team for resources and support to help you deal with any concerns you have identified.



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