Find your path to better health with **STAR: The Symptom Tracker** app for people with **ATTR amyloidosis.**

Download on the App Store

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For more information, please refer to the sources of information within this booklet.

STAR: The Symptom Tracker app does not pursue a medical purpose. It is designed to keep a record of users' symptoms, how they change over time and their impact on users' well-being and lifestyle. The app is not intended as a disease monitoring tool or as a symptoms checker. To have symptoms checked, users are advised to talk to their healthcare professional. Furthermore, STAR: The Symptom Tracker app does not make any medical diagnoses. Users are advised to seek the advice of a medical professional if they are concerned about their health.

Developed and funded by Alnylam Pharmaceuticals®

Family Health Tree

Map your family's history of hereditary ATTR amyloidosis

Keep track of your family's health history

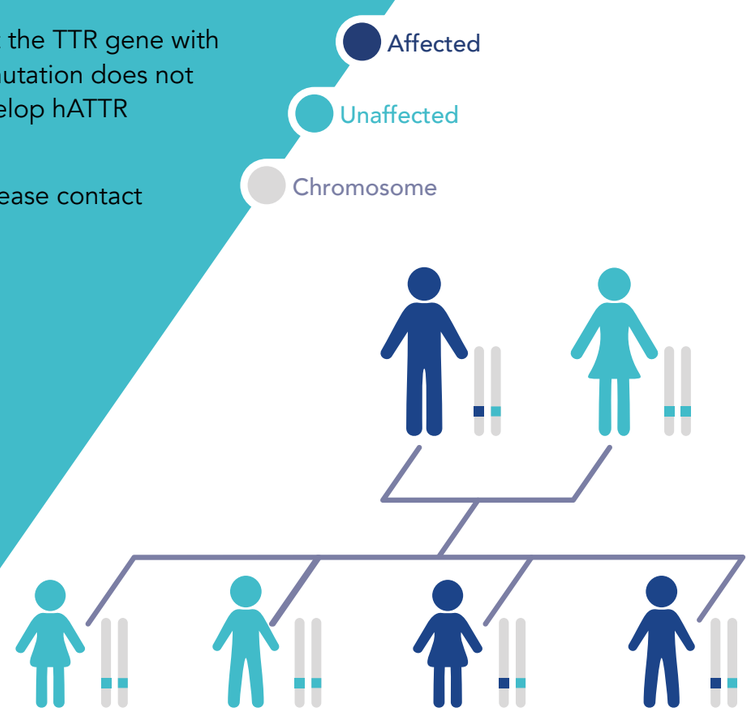
This chart can help you map your extended family relationship and determine who may be at risk of hereditary ATTR (hATTR) amyloidosis.

hATTR amyloidosis – an inherited condition

hATTR amyloidosis is a rare condition that affects an estimated 50,000 people worldwide. It is an inherited condition caused by a gene change (mutation) that affects the function of a protein called transthyretin (TTR). The age that initial symptoms appear may vary, ranging from the mid-20s to the mid-60s. It's passed down in an autosomal dominant pattern, which means a person only needs to inherit one copy of the affected gene from one parent in order to develop the disease risk. When one parent carries an autosomal dominant mutation, any child will have a 50% chance of inheriting that mutation.

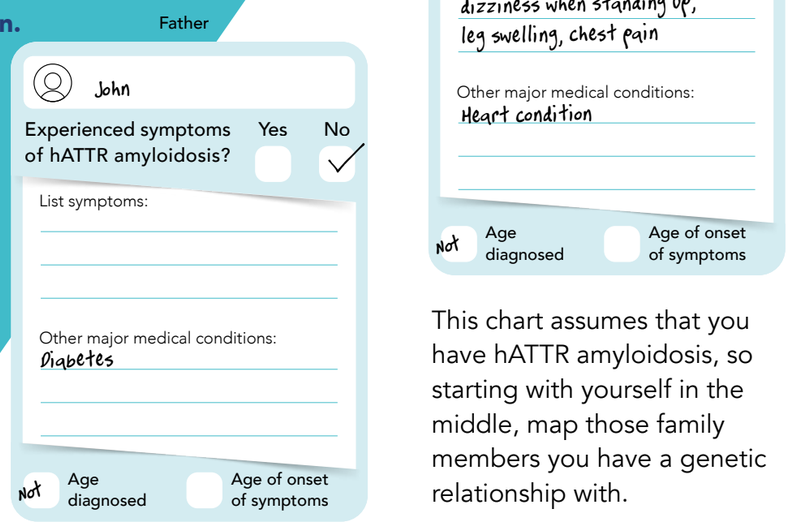
A family member may inherit the TTR gene with a mutation, but having the mutation does not mean that he or she will develop hATTR amyloidosis.

If you have any questions, please contact your healthcare provider.



Working with your family members to complete this chart can help educate them about hATTR amyloidosis, its symptoms, and how it is passed down through generations. You can use the other materials in this pack to learn about the cause and symptoms of this condition.

Here is an example of how to fill out cards for each family member's "branch". Once the cards are filled, connect them by drawing lines as relevant to create your family health tree.



This chart assumes that you have hATTR amyloidosis, so starting with yourself in the middle, map those family members you have a genetic relationship with.

Keeping track of your health history

Use this space to record any important notes from conversations with your family members, including points about your family's history and follow-up steps.

Notes

Sources of support

https://www.hattrbridge.eu
The Bridge™ is a website developed and produced by Alnylam Pharmaceuticals; it is designed to help raise awareness of hereditary ATTR (hATTR) amyloidosis and promote education on the condition for patients and their families.

Amyloidosis Alliance is an international umbrella patient advocacy organisation, aiming to raise awareness and improve the quality of care of amyloidosis patients.

FAMY Norrbotten is a Patient Association in the endemic region of Sweden that works to increase disease awareness and support research into ATTR Amyloidosis (hATTR) while also helping to improve the quality of life of amyloidosis patients and their carers.

Grandfather
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Grandmother
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Grandfather
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Grandmother
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Aunt/Uncle
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Aunt/Uncle
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Aunt/Uncle
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Mother
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Father
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Aunt/Uncle
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Aunt/Uncle
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Aunt/Uncle
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Sister/Brother/Cousin
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Sister/Brother/Cousin
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Sister/Brother/Cousin
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

You
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Partner
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Sister/Brother/Cousin
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Sister/Brother/Cousin
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Sister/Brother/Cousin
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Child
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Child
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

Child
Experienced symptoms of hATTR amyloidosis? Yes No
List symptoms:
Other major medical conditions:
Age diagnosed
Age of onset of symptoms

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