

# TRACK YOUR HEALTH AND WELLBEING WITH STAR

The symptom tracker app for people with ATTR amyloidosis and their families.

Available now to download for free



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Developed and funded by Alnylam Pharmaceuticals®



“ We need tools to encourage patients to be clear and specific when describing their symptoms.”

- **Professor Philip Hawkins, National Amyloidosis Centre  
University College, London, UK.**

**STAR** is a digital symptom tracker for people with **ATTR amyloidosis**.

**Hereditary ATTR amyloidosis**, also known as **hATTR** or **ATTRv**, is an inherited disease that can affect multiple parts of the body. It is caused by a genetic mutation that affects the function of a protein called transthyretin (TTR). This causes the formation of amyloid deposits in the heart, nerves, gastrointestinal tract, and other organs.

Symptoms can vary widely among people with the condition and can sometimes seem unrelated. Different symptoms may appear at different times and you may not experience all of the symptoms.

Since the symptoms of **ATTR amyloidosis** can become more severe over time, it's important to talk to your doctor about them as soon as possible. The more you share with your healthcare team, the more they may be able to help.



Everyone's experience of **ATTR amyloidosis** can be different so it's important to keep track of all your symptoms, no matter how trivial they may seem.

Managing symptoms is an ongoing process. By sharing as much information as possible with your doctor and healthcare team, they can get a more accurate picture of your condition and help you to reduce the impact on your day-to-day life.

### **Regular symptom tracking can help you to:**

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- **Recognize** and develop a more complete understanding of your symptoms
- **Identify** early changes, or any new symptoms as soon as they occur
- **Record** the changes that have had the greatest impact on your wellbeing and lifestyle
- **Better communicate** any changes in your condition with your doctor and the healthcare team at your next consultation
- **Assert greater control** over your health and share in discussions about future care

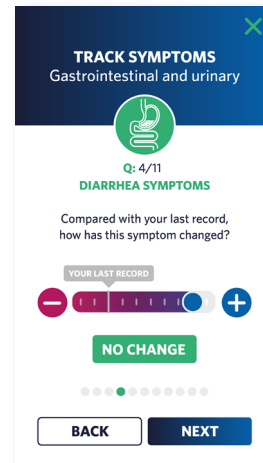
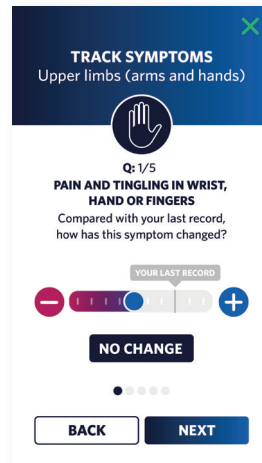
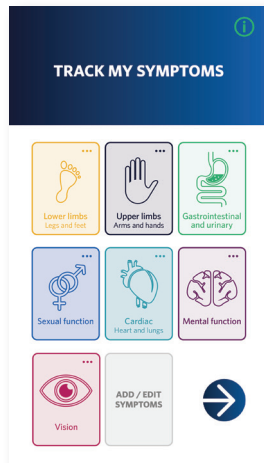
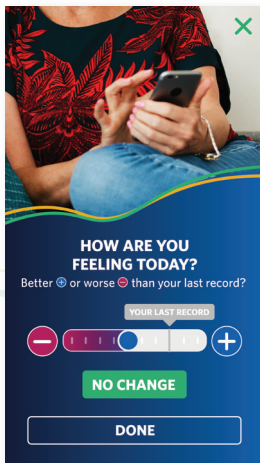
“ The disease can do a lot of damage if you let it evolve, so knowing, being vigilant, helps you avoid irreversible degradations, such as the lack of sensitivity in your legs.”

- Jean-Christophe, Hereditary ATTR amyloidosis patient, France.

**STAR** makes the day-to-day recording of symptoms **quick** and **easy** for you and your family.

Developed by doctors and patients with hereditary ATTR amyloidosis, it enables you to capture any concerns, changes, or new symptoms so that you can talk to your doctor about them.

**An easy to navigate menu with the most common symptoms offers you a simple way to track how you feel and any changes to your health and wellbeing.**



- **Identify and record** the complete picture of your symptoms listed by body part
- **Track symptom changes** with a simple click, whenever it is most convenient for you
- **Make diary entries** on the impact of each symptom on day-to-day activities, mood, energy levels, and relationships with family and friends
- **Choose to share reports** with your doctor on any symptom changes and their impact over time



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

Available now to download for free



## **For more information:**

Amyloidosis UK [info@amyloidosisuk.org](mailto:info@amyloidosisuk.org)

*Amyloidosis UK acts to provide extensive patient information and support.*

Amyloidosis Ireland [info@amy.ie](mailto:info@amy.ie)

*Amyloidosis Ireland offers support to patients affected by Hereditary ATTR Amyloidosis or Wild Type ATTR Amyloidosis. They are committed to raising awareness to ensure people are diagnosed and have access to available treatments at the earliest opportunity.*

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.

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