

LIVING WITH NF1

SYMPTOM TRACKER

Keeping a close watch on your child's symptoms is crucial for early detection and while being treated for plexiform neurofibromas (PNs).

Monitor your child's symptoms by completing this checklist on a regular basis. Download it and bring it with you to your child's next appointment so you can let their doctor know about any changes in their symptoms. Include notes about the severity and impact of your child's NF1 PN symptoms over time. Remember, every child will experience something different.



Date					
Common Symptoms	Is this symptom:				Notes
	Absent	Better than last assessment	Same as last assessment	Worse than last assessment	
Physical changes ^{4,11}					
Difficulty moving ^{9,11}					
Pain ^{7,11}					
Headaches ⁹					
Vision changes or other eye problems ⁹					
Trouble breathing ⁵					
Bladder control issues ⁵					
Bowel issues (such as severe constipation) ⁵					
Changes to physical appearance ^{5,9}					
Social, emotional, or mental challenges ⁹					
Other					