



Arikares[®]
Support Program

My treatment tracker

Please see Important Safety Information at the end of this tracker and full **Prescribing Information**, including Boxed Warning.

Notes on your journey

Your journey will have its ups and downs, but each of these experiences can serve a purpose. Whether it's noticing how certain activities leave you feeling better or finding motivation in looking back at how far you've come, keeping a record of your experiences may help you discover effective ways to manage your condition.

By recording these experiences in your tracker, you can develop a greater understanding of what you're going through. This may help you express how you're feeling to your doctor, to your loved ones, or even to yourself. This tracker is designed to **help you keep track of you**. Each day, each week, each month—your tracker will reflect your progress.

A path forward

Understanding your experiences can help you plan for the future. By improving your understanding of yourself and how your condition is affecting you, you can learn what actions to take that may help you feel better.

For instance, maybe you find that you typically feel better after a cup of tea or that a walk in the morning often leads to a day with fewer symptoms. You may even start to notice patterns where you usually feel worse after taking part in certain activities. Any change in your symptoms—good or bad—can provide you with important information for your journey. By tracking these developments, you can integrate your positive experiences into your daily life.

On this journey, some steps will be smaller than others, but each moment matters. This tracker will help remind you that each step, no matter how large or small, is progress.

How to use this tracker

This tracker is designed to help you organize your thoughts and any important information you collect on your treatment journey.

Tracking your appointments

Flipping through your tracker for the first time, you'll find the *My Doctor Appointments* section. Here, you can write down your doctor's name and the time of your appointment when you schedule it. As you get closer to your appointment date, feel free to jot down some notes on what to talk about during your visit.

Documenting your day

Next, you'll see the first *Daily Tracker* section. This space is to help you record any challenges you face during the day, note how you are working to manage them, and mark any changes you noticed in your symptoms. You'll also have room to make notes on your successes and set goals for your next week. At the end of each week, you can rate how you feel on a simple scale. Over time, these ratings will give you a quick view of your progress and help you start a conversation with your doctor or *Arikares® Coordinator*.

Examples of what you can track

- Symptom changes
- When you took your medicine
- How you overcame symptom flare-ups

Your tracker is a record of your journey, so you may find it helpful to bring it with you to each appointment.

My doctor appointments

Dr. _____ / ____ / ____ Time: _____
Notes to discuss at visit: _____

Dr. _____ / ____ / ____ Time: _____
Notes to discuss at visit: _____

Dr. _____ / ____ / ____ Time: _____
Notes to discuss at visit: _____

Dr. _____ / ____ / ____ Time: _____
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Dr. _____ / ____ / ____ Time: _____
Notes to discuss at visit: _____

Daily tracker week starting: ____ / ____ / ____

You can use this space to record any challenges you faced or symptoms you experienced each day and how you managed them. At the end of the week, make sure to mark down your biggest successes or frustrations and record how you feel on the scale below.

	Challenges	How I Managed	Symptom Changes/ New Symptoms
Sun			
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			

My biggest successes and/or frustrations this week: _____

My goals for next week: _____

Notes for you and your doctor: _____

At the end of this week, I felt

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very Poor	Poor	Average	Above Average	Excellent

Reviewing your progress

You'll notice there are 4 *Daily Tracker* pages, with a single page for each week. At the end of 4 weeks, you'll come to the *Checking In* section. Here, you can review your progress over the previous 4 weeks and answer some questions on your experiences to help you set goals for the next 4 weeks.

The next 3 pages show examples of how to fill in these sections.

Taking the time to answer these questions may help you discover a recurring issue or a consistent point of success in your recovery, so don't forget to set aside some time for your *Checking In* session.

Checking in

Congratulations on completing another 4 weeks on your medication.
Remember you can look back and reflect on your journey.

Have you noticed a change in your symptoms? _____

Overall, looking back on the past 4 weeks...
I feel _____

I accomplished _____

My biggest challenge was _____

My worst day was _____

Things I learned were _____

Activities I enjoyed were _____

I managed my stress by _____

My goals for next month are _____

I plan to achieve my goals by _____

My motivation for next month is _____

How do you feel compared to when you started your treatment (page 14) and how you felt last month (page 24)? _____

Daily tracker sample pages

These pages give some examples of how you can fill in this section.

Daily tracker

week starting: 04/21

You can use this space to record any challenges you faced or symptoms you experienced each day and how you managed them. At the end of the week, make sure to mark down your biggest successes or frustrations and record how you feel on the scale below.

	Challenges	How I Managed	Symptom Changes/ New Symptoms
Sun	Coughing	Had some tea	None
Mon			
Tue	Shortness of breath	Sat down, tried to relax	Seemed to ease when sitting
Wed	Tired today	Took a nap	Felt better
Thu			
Fri	Went out to dinner, got tired	Made a mental note not to overdo it	
Sat			

My biggest successes and/or frustrations this week:

This week was pretty good. I went for a walk and
enjoyed early spring for the first time in quite a
while. Going out to dinner with a lot of people is still a
challenge.

My goals for next week:

I'm hoping to resume my daily walks for the first
time in a long while this spring.

Notes for you and your doctor:

Remember to talk to Dr. Smith about how fatigued I'm
still getting.

At the end of this week, I felt



☐
Very Poor



☐
Poor



☐
Average



☒
Above Average



☐
Excellent

Monthly check-in sample page

This page gives an example of how you can fill in this section.

Checking in

Remember you can look back and reflect on your journey.

Have you noticed a change in your symptoms? Yes

Overall, looking back on the past 4 weeks...

I feel

This month I started to feel a little better.

I accomplished

I rode my bicycle to the park last week.

My biggest challenge was

I still get very tired easily.

My worst day was

I was too tired to go to a concert I was looking forward to.

Things I learned were

Not to overdo it too soon.

Activities I enjoyed were

Going for a walk!

I managed my stress by

Taking things slowly.

My goals for next month are

More walking. I'd like to go for a walk everyday.

I plan to achieve my goals by

Starting out slowly. Build up to it.

My motivation for next month is

I want to go out for my birthday and celebrate.

How do you feel compared to when you started your treatment (page 14) and how you felt last month (page 24)?

Staying motivated

Keep track of what motivates you. After you've answered your monthly *Checking In* questions, try to find some time to consider the people who matter most to you, the things that keep you going, and the experiences that you enjoy. Each 4 weeks, you can reconsider where you are in your journey and what's inspiring you to make it even better.

How to find your inspiration



You can get started with an inspirational quote



Try keeping pictures of family and friends nearby



Make a note any time someone or something gives you a boost (like a meeting with a friendly neighbor or a favorite song playing on the radio)

A guidebook for your journey

This tracker can help you map out your experiences. Make sure to share your notes with your doctor, as this may help you gain a better understanding of what's working for you and what you can improve.



My doctor appointments

Dr. _____

_____/_____/_____ Time: _____

Notes to discuss at visit:

Dr. _____

_____/_____/_____ Time: _____

Notes to discuss at visit:

Dr. _____

_____/_____/_____ Time: _____

Notes to discuss at visit:

Dr. _____

_____/_____/_____ Time: _____

Notes to discuss at visit:

Dr. _____

_____/_____/_____ Time: _____

Notes to discuss at visit:

You can't cross
the sea merely
by standing
and staring at
the water.

- Rabindranath
Tagore

Getting started

Before you begin taking your medication, take a few moments to record how you're doing now.

I feel

I want to accomplish

My biggest challenge will be

My worst day was

Things I want to learn are

Things I want to do are

I manage my stress by

My goals for the next month are

I plan to achieve my goals by

My motivation for next month is

How do you feel now?

My biggest successes and/or frustrations before starting a new medication:

The treatment goal I have set with my doctor is:

The following people are in my corner to help me on my way:

Currently, I feel



Very Poor



Poor



Average



Above
Average



Excellent

Daily tracker

week starting: ____/____/____

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Sun			
Mon			
Tue			
Wed			
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Fri			
Sat			

My biggest successes and/or frustrations this week:

My goals for next week:

Notes for you and your doctor:

At the end of this week, I felt



Very Poor



Poor



Average



Above
Average



Excellent

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My biggest successes and/or frustrations this week:

My goals for next week:

Notes for you and your doctor:

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Very Poor



Poor



Average



Above
Average



Excellent

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Very Poor



Poor



Average



Above
Average



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Very Poor



Poor



Average



Above
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I feel

I accomplished

My biggest challenge was

My worst day was

Things I learned were

Activities I enjoyed were

I managed my stress by

My goals for next month are

I plan to achieve my goals by

My motivation for next month is

How do you feel compared to when you started your treatment (page 7)?

*Either you run
the day or the
day runs you.*

- Jim Rohn

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Notes for you and your doctor:

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Very Poor



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Average



Above
Average



Excellent

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Very Poor



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Above
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Above
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Activities I enjoyed were

I managed my stress by

My goals for next month are

I plan to achieve my goals by

My motivation for next month is

How do you feel compared to when you started your treatment (page 7)
and how you felt last month (page 12)?

*Some days there
won't be a song
in your heart.
Sing anyway.*

- Emory Austin

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Notes for you and your doctor:

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Above
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I accomplished

My biggest challenge was

My worst day was

Things I learned were

Activities I enjoyed were

I managed my stress by

My goals for next month are

I plan to achieve my goals by

My motivation for next month is

How do you feel compared to when you started your treatment (page 7)
and how you felt last month (page 17)?

Be who you
are and say what
you feel because
those who mind
don't matter and
those who matter
don't mind.

- Dr. Seuss

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I feel

I accomplished

My biggest challenge was

My worst day was

Things I learned were

Activities I enjoyed were

I managed my stress by

My goals for next month are

I plan to achieve my goals by

My motivation for next month is

How do you feel compared to when you started your treatment (page 7)
and how you felt last month (page 22)?

What you think,
you become.
What you feel,
you attract.
What you imagine,
you create.

- Buddha

Daily tracker

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I accomplished

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My worst day was

Things I learned were

Activities I enjoyed were

I managed my stress by

My goals for next month are

I plan to achieve my goals by

My motivation for next month is

How do you feel compared to when you started your treatment (page 7)
and how you felt last month (page 27)?

*We cannot direct
the wind but we
can adjust the sails.*

- Unknown

Daily tracker

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Activities I enjoyed were

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My goals for next month are

I plan to achieve my goals by

My motivation for next month is

How do you feel compared to when you started your treatment (page 7)
and how you felt last month (page 32)?

Yesterday is history.
Tomorrow is
a mystery.
Today is a gift.
That's why it is
called the present.

-Alice Morse Earle

It's time to download a new
Treatment Tracker

[Click Here](#)

INDICATION

What is ARIKAYCE® (amikacin liposome inhalation suspension)?

ARIKAYCE is a prescription medicine used to treat adults with refractory (difficult to treat) *Mycobacterium avium* complex (MAC) lung disease as part of a combination antibacterial drug treatment plan (regimen).

It is not known if ARIKAYCE is safe and effective in children younger than 18 years of age.

This product was approved by FDA using the Limited Population pathway. This means FDA has approved this drug for a limited and specific patient population, and studies on the drug may have only answered focused questions about its safety and effectiveness.

IMPORTANT SAFETY INFORMATION

ARIKAYCE can cause serious side effects, including:

- **allergic inflammation of the lungs.** These respiratory problems may be symptoms of allergic inflammation of the lungs and often come with fever, wheezing, coughing, shortness of breath, and fast breathing
- **coughing up of blood (hemoptysis).** Coughing up blood is a serious and common side effect of ARIKAYCE
- **severe breathing problems.** Severe breathing problems can be symptoms of bronchospasm. Bronchospasm is a serious and common side effect of ARIKAYCE. Bronchospasm symptoms include shortness of breath, difficult or labored breathing, wheezing, and coughing or chest tightness
- **worsening of chronic obstructive pulmonary disease (COPD).** This is a serious and common side effect of ARIKAYCE
- **serious allergic reactions.** Serious allergic reactions that may lead to death have happened to people who take ARIKAYCE. Stop taking ARIKAYCE right away and get emergency medical help if you have any of the following symptoms of a serious allergic reaction: hives, itching, redness or blushing of the skin (flushing), swollen lips, tongue or throat, trouble breathing or wheezing, shortness of breath, noisy high-pitched breathing (stridor), cough, nausea, vomiting, diarrhea, feel cramps in your stomach area, fast heart rate, feeling light headed, feeling faint, loss of control of the bowels or bladder (incontinence), and dizziness

While using ARIKAYCE, these side effects may become serious enough that treatment in a hospital is needed. Call your healthcare provider or get medical help right away if you have any of these serious side effects while taking ARIKAYCE. Your healthcare provider may ask you to stop using ARIKAYCE for a short period of time or completely stop using ARIKAYCE.

Do not use ARIKAYCE if you are allergic to any aminoglycoside, or any of the ingredients in ARIKAYCE.

Before using ARIKAYCE, tell your healthcare provider about all medical conditions, including if you:

- have asthma, COPD, shortness of breath, or wheezing (bronchospasm)
- have been told you have poor lung function
- have hearing problems, such as ringing in your ears or hearing loss
- have dizziness or a sense of the room spinning
- have kidney problems
- have neuromuscular disease, such as myasthenia gravis
- are pregnant or plan to become pregnant. It is not known if ARIKAYCE can harm your unborn baby. ARIKAYCE is in a class of medicines that may be connected with complete deafness in babies at birth. The deafness affects both ears and cannot be changed
- are breastfeeding or plan to breastfeed. It is not known if the medicine in ARIKAYCE passes into your breast milk and if it can harm your baby. Talk to your healthcare provider about the best way to feed your baby during treatment with ARIKAYCE

Tell your healthcare provider about all the medicines you take, including prescription medicines and over-the-counter medicines, vitamins, and herbal supplements.

ARIKAYCE may cause serious side effects, including:

- **hearing loss or ringing in the ears (ototoxicity).** Ototoxicity is a serious and common side effect of ARIKAYCE. Tell your healthcare provider right away if you have hearing loss or you hear noises in your ears, such as ringing or hissing. Tell your healthcare provider if you start having problems with balance or dizziness (vertigo)

Please see additional Important Safety Information on next page and full Prescribing Information, including Boxed Warning.

IMPORTANT SAFETY INFORMATION (cont.)

- **worsening kidney problems (nephrotoxicity).** ARIKAYCE is in a class of medicines which may cause worsening kidney problems. Your healthcare provider may do a blood test to check how well your kidneys are working during your treatment with ARIKAYCE
- **worsening muscle weakness (neuromuscular blockade).** ARIKAYCE is in a class of medicines which can cause muscle weakness to get worse in people who already have problems with muscle weakness (myasthenia gravis)

The most common side effects of ARIKAYCE include: changes in voice and hoarseness (dysphonia), cough during or after a dose of ARIKAYCE, especially in the first month after starting treatment, muscle pain, sore throat, tiredness (fatigue), diarrhea, nausea, headache, fever, decreased weight, vomiting, rash, increased sputum, or chest discomfort.

These are not all of the possible side effects of ARIKAYCE. **Call your doctor or pharmacist for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.**

Please see full **Prescribing Information**, including **Boxed Warning**.

