

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



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.



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Family Health Tree

Map your family's history of hereditary ATTR amyloidosis



Developed and funded by
Alnylam Pharmaceuticals®

ATTR AMYLOIDOSIS
ALL IRELAND
SUPPORT GROUP

Keep track of your family's health history

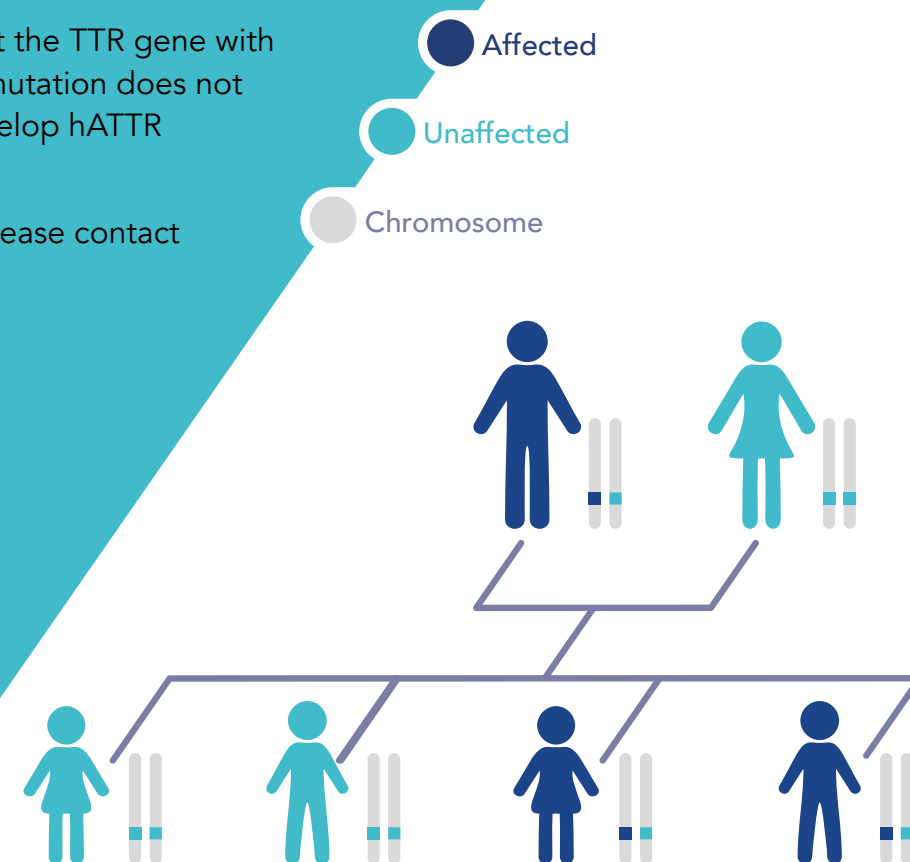
This chart can help you map your extended family relationship and determine who may be at risk of hereditary ATTR (hATTR) amyloidosis.

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.

 John

Experienced symptoms of hATTR amyloidosis? ☐ Yes ☒ No

List symptoms:

Other major medical conditions:

Diabetes

Not ☐ Age diagnosed ☐ Age of onset of symptoms

Mother	
	
Experienced symptoms of hATTR amyloidosis?	Yes ☒ No ☐
List symptoms: carpal tunnel, consistent dizziness when standing up, leg swelling, chest pain	
Other major medical conditions: Heart condition	
Not diagnosed	Age of onset of symptoms

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

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

📖 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.



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<https://www.ukatpa.com>

UK ATTR Amyloidosis Patients' Association acts to provide extensive patient information and support.

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ATTRA Amyloidosis All Ireland Support Group offers support to patients affected by Hereditary ATTRA Amyloidosis or Wild Type ATTRA Amyloidosis. We are committed to raising awareness to ensure people are diagnosed and have access to available treatments at the earliest opportunity.

