

For examples or more information visit: <http://rawarrior.com/rheumatoid-arthritis-progression/>

RHEUMATOID DISEASE PROGRESSION GRAPH

Answer these questions to help you picture your disease progression before you get started.

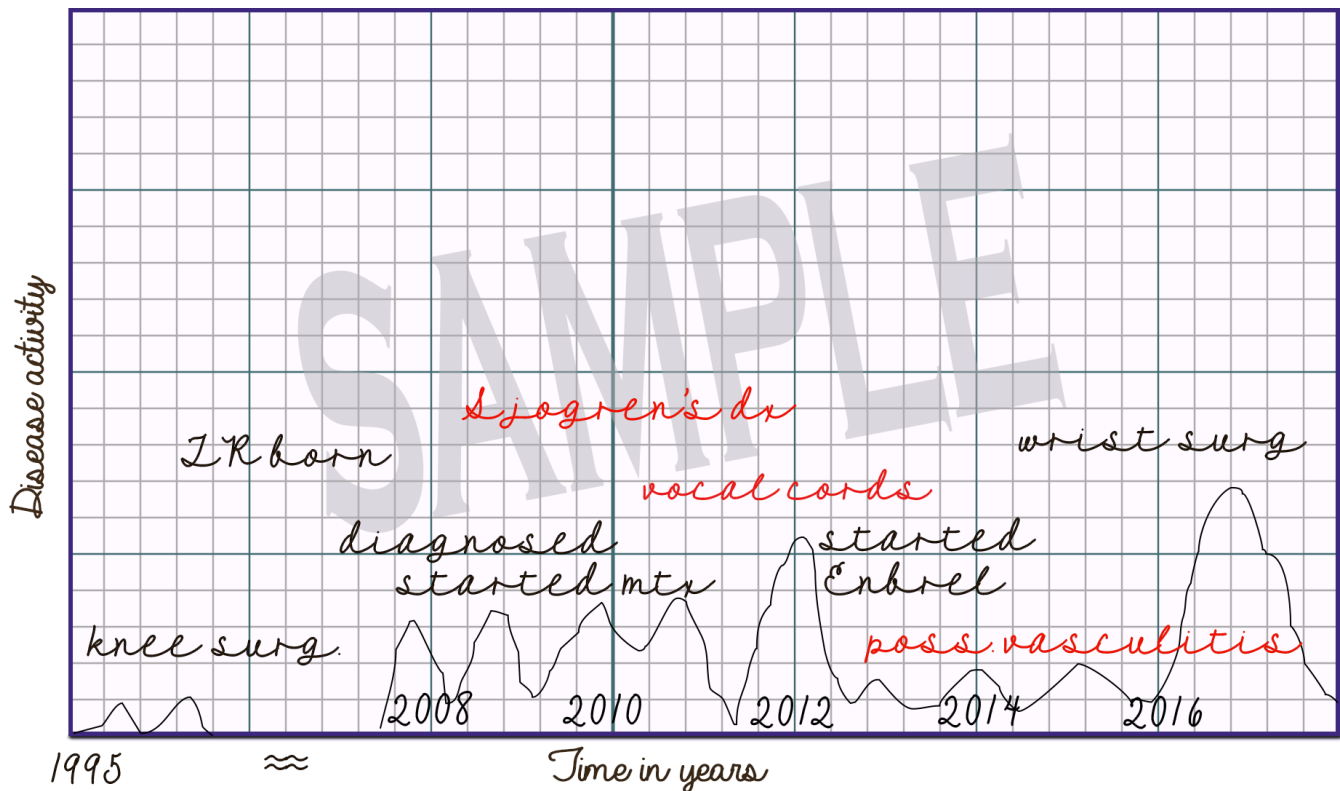
- 1) Did your symptoms come on suddenly or gradually?
- 2) Are your symptoms constant or do they have a flaring & remitting pattern?
- 3) Has your disease activity become worse over time (“progressed”)?
- 4) Did you suddenly respond or stop responding to a disease treatment?

The horizontal axis across the bottom of the graph represents time. You can assume it represents your whole life, or you can label it with years or decades.

The vertical axis up the left side of the graph represents disease activity. The lowest edge is where you would mark no disease activity: either remission or before disease onset. All the way to the top is the worst disease activity you have experienced or imagined.

HELPFUL SUGGESTIONS:

- 1) The pattern below is provided only as a suggestion. Progression of your disease may be unique.
- 2) There’s no perfect way to draw your RA progression graph. Use a pencil so you can erase, or print extra copies when you need them. Or use Photoshop like I did.
- 3) You can certainly include extra-articular (non-joint) symptoms of your disease to more accurately reflect disease activity. If you like, you can use another color to draw systemic disease symptoms.
- 4) Make a copy of your finished graph to share with your doctors.
- 5) Have a significant other draw your graph to compare the results and discuss.



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