

NMOSD Symptom Tracker

Keep track of your anti-aquaporin-4 (AQP4) antibody-positive neuromyelitis optica spectrum disorder (NMOSD) symptoms ahead of your next healthcare appointment.

Check off new or worsening symptoms you have experienced since your last appointment, and include any notes you would like to talk about with your healthcare provider.

Symptoms	New	Worsening	Notes
Visual impairment	<input type="checkbox"/>	<input type="checkbox"/>	
Back or neck pain	<input type="checkbox"/>	<input type="checkbox"/>	
Painful spasms	<input type="checkbox"/>	<input type="checkbox"/>	
Bladder or bowel dysfunction	<input type="checkbox"/>	<input type="checkbox"/>	
Sexual dysfunction	<input type="checkbox"/>	<input type="checkbox"/>	
Eye pain	<input type="checkbox"/>	<input type="checkbox"/>	
Weakness or paralysis in legs or arms	<input type="checkbox"/>	<input type="checkbox"/>	
Sleepiness or fatigue	<input type="checkbox"/>	<input type="checkbox"/>	
Numbness or loss of sensation throughout the body	<input type="checkbox"/>	<input type="checkbox"/>	
Headaches	<input type="checkbox"/>	<input type="checkbox"/>	

Symptoms	New	Worsening	Notes
Brain fog	<input type="checkbox"/>	<input type="checkbox"/>	
Dizziness	<input type="checkbox"/>	<input type="checkbox"/>	
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	
Depression	<input type="checkbox"/>	<input type="checkbox"/>	
Persistent Hiccups	<input type="checkbox"/>	<input type="checkbox"/>	
Persistent Nausea	<input type="checkbox"/>	<input type="checkbox"/>	
Uncontrollable Vomiting	<input type="checkbox"/>	<input type="checkbox"/>	
Mood Swings	<input type="checkbox"/>	<input type="checkbox"/>	

Do you have any other concerns?

Talk to your doctor if you notice any new or worsening symptoms.