

There are several things that can trigger an HAE attack...

HOW CAN YOU IDENTIFY YOURS?

If you are living with hereditary angioedema (HAE), you will know it can cause attacks of swelling in various parts of your body. While HAE attacks can happen without any obvious cause or warning, there are triggers that can make an attack more likely.


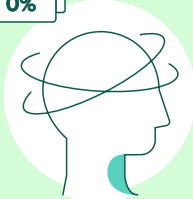



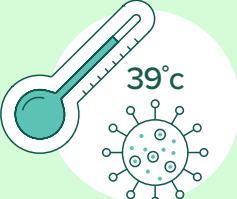
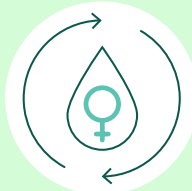
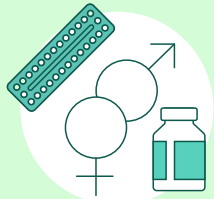
Discovering your own possible triggers can help you create a routine for managing your HAE and avoiding the things that might lead to an attack.

TRIGGER
 Something that causes or contributes to an HAE attack – you should avoid your triggers to reduce the chance of having an attack.

SYMPTOMS
 Early symptoms suggesting an HAE attack is on its way – if you notice them, consider whether you need to take your treatment.

POSSIBLE HAE TRIGGERS

People’s triggers can differ, but they commonly include:

-   **Fatigue or stress**
-  **Accidental trauma**
-  **Alcohol**
-  **Dental, medical or surgical procedures**
-  **Fever, illness or infection** (39°C)
-  **Menstrual cycle or hormonal changes**
-  **Medications such as oestrogen-containing oral contraceptives, hormone replacement therapy or ACE inhibitors**

Three steps to be more prepared

1

Recognise your triggers

Keep a diary to work out what events lead up to an attack

2

Avoid your triggers

Make changes to avoid possible triggers where possible

3

Recognise symptoms of an attack

If an attack can't be avoided, know the early symptoms and keep your medication close by

Taking note of HAE attacks and the events leading up to them could help you work out your own potential triggers. **Your Berinert diary** can help you to record this information.

Always ring 999 for immediate medical attention if you spot the following signs of a potentially life-threatening attack

- Hoarse voice or laryngitis
- Difficulty in swallowing
- Feeling of tightness in the throat
- Voice changes

This leaflet is intended only for adult patients (≥18 years old) with hereditary angioedema (HAE) who have been prescribed Berinert.

Reporting side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

By reporting side effects, you can help provide more information on the safety of this medicine.

Provided as a service to medicine by CSL Behring UK Ltd.
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