

# Could Chronic Inflammatory Demyelinating Polyneuropathy (CIDP) be the correct diagnosis for you?

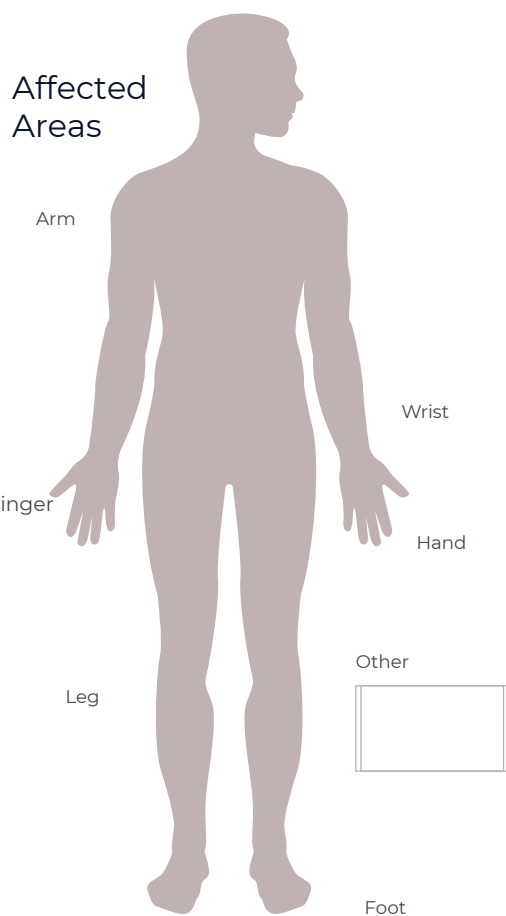
CIDP is a rare disease that can cause muscle weakness, numbness, or tingling in the arms and legs, which can worsen over time. Use this checklist to record your symptoms and write down anything else you'd like to discuss with your doctor in the Notes section below.

Bring this completed checklist to your next medical appointment to help you have a meaningful conversation with your doctor.

## Check your symptoms:

**Review the symptoms listed below and click the appropriate circles. Keep this checklist on hand to discuss with your medical team.**

My arms and legs often feel weak	Yes	No
My reflexes don't react as quickly as they used to	Yes	No
I feel tingling or numbness in my arms and legs	Yes	No
I am losing feeling in my fingers and toes	Yes	No
I have had difficulty moving my muscles	Yes	No
My symptoms are almost the same on both sides of my body (this is called "symmetrical")	Yes	No
My symptoms affect my ability to perform everyday tasks	Yes	No
My symptoms affect my energy level	Yes	No



**Due to muscle weakness/numbness, I have difficulty with:**

Going up or down the stairs	Yes	No
Putting on my shoes	Yes	No
Balance and coordination	Yes	No
Washing or brushing my hair	Yes	No
Lifting objects over my head	Yes	No
Walking	Yes	No

**Be sure to talk with your doctor if you recognize any of these symptoms, especially if you've noticed your symptoms have been worsening or progressing over the past 2 months.**

Notes: \_\_\_\_\_  
 \_\_\_\_\_

Visit [KNOWINGPN.com/Learn-CIDP](https://www.knowingpn.com/learn-cidp) to learn more



# Could Chronic Inflammatory Demyelinating Polyneuropathy (CIDP) be the correct diagnosis for you?

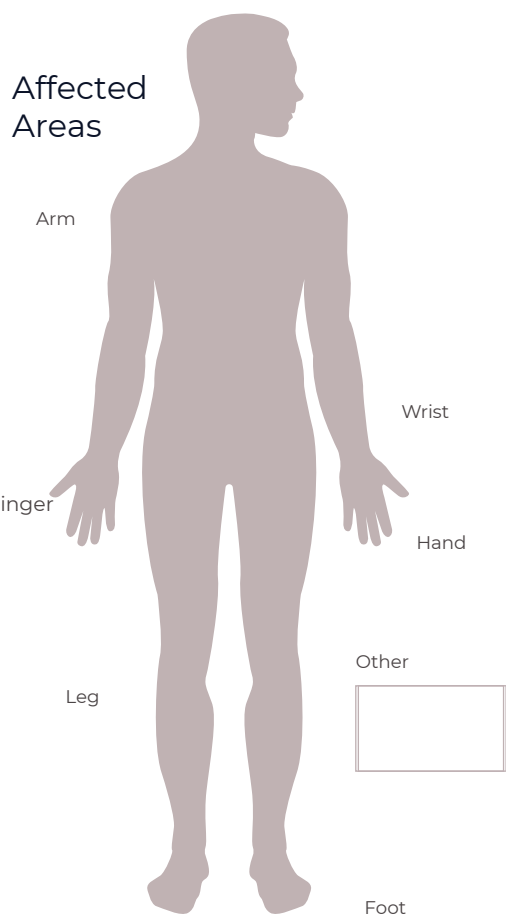
CIDP is a rare disease that can cause muscle weakness, numbness, or tingling in the arms and legs, which can worsen over time. Use this checklist to record your symptoms and write down anything else you'd like to discuss with your doctor in the Notes section below.

Bring this completed checklist to your next medical appointment to help you have a meaningful conversation with your doctor.

## Check your symptoms:

**Review the symptoms listed below and click the appropriate circles. Keep this checklist on hand to discuss with your medical team.**

My arms and legs often feel weak	Yes	No
My reflexes don't react as quickly as they used to	Yes	No
I feel tingling or numbness in my arms and legs	Yes	No
I am losing feeling in my fingers and toes	Yes	No
I have had difficulty moving my muscles	Yes	No
My symptoms are almost the same on both sides of my body (this is called "symmetrical")	Yes	No
My symptoms affect my ability to perform everyday tasks	Yes	No
My symptoms affect my energy level	Yes	No



**Due to muscle weakness/numbness, I have difficulty with:**

Going up or down the stairs	Yes	No
Putting on my shoes	Yes	No
Balance and coordination	Yes	No
Washing or brushing my hair	Yes	No
Lifting objects over my head	Yes	No
Walking	Yes	No

**Be sure to talk with your doctor if you recognize any of these symptoms, especially if you've noticed your symptoms have been worsening or progressing over the past 2 months.**

Notes: \_\_\_\_\_  
 \_\_\_\_\_

Visit [KNOWINGPN.com/Learn-CIDP](https://www.knowingpn.com/learn-cidp) to learn more

