

Symptom Diary

THE ACOUSTIC NEUROMA (VESTIBULAR SCHWANNOMA) HANDBOOK

Use this diary to record symptoms over time. A written record is more accurate than memory and gives your clinical team a clearer picture than a recalled account. Print as many copies of this page as you need. For each entry, record the following.

- The date.
- The symptom, or symptoms, you experienced.
- Their severity, on a simple scale of one to ten.
- Anything that made them better or worse.
- The effect they had on your day.

Date	Symptom(s)	Severity (1 to 10)	What made it better or worse	Effect on your day