

IN YOUR CORNER



In Your Corner™
Strength. Support. Sisterhood.

Daily Tracking Diary

We're all human. We can't remember everything. But if your hormonal treatments are going to work, you need to remember to take them as prescribed.

Use this Daily Tracking Diary as a helpful reminder of your treatment schedule. The suggestions below might also help you remember to take your treatment each day.

Tips to help you remember to take your treatment

1. Take it at the same time every day
2. Take it along with meals or other daily events, like brushing your teeth
3. Use special pillboxes that help you keep track, like the ones divided into days of the week, which you can find at any drugstore
4. Ask people who are close to you to help by reminding you
5. Keep this diary near your medicine and check off all the things you did to take care of yourself that day. List any side effects you experienced in the blank space provided
6. You can also use this diary to track your daily activities, such as exercise, meditation, and nutrition

You may also use the Daily Tracking Diary as a journal. Each day, write down how you're feeling, so that you and your doctor might understand your patterns on good days as well as on days you may experience side effects. You can also use the diary to record questions or concerns you want to raise at your next doctor's appointment.

One reason some women stop taking their hormonal treatment is because they experience side effects. But it's important for you to stay on your treatment as your doctor prescribes to help reduce the risk for recurrence of breast cancer. If you're experiencing side effects, make sure you talk to your doctor about them—even if you think they aren't a big deal. He or she may have some suggestions that could help you feel more comfortable.

Week of : _____

Sunday	<p>Today I felt: _____</p> <p><input type="checkbox"/> I took my ARIMIDEX® (anastrozole) as prescribed. <input type="checkbox"/> I ate nutritious meals.</p> <p><input type="checkbox"/> I talked about my feelings with a loved one or friend. <input type="checkbox"/> I practiced meditation/relaxed.</p> <p><input type="checkbox"/> I exercised.</p> <p><input type="checkbox"/> I did something just for me.</p>
Monday	<p>Today I felt: _____</p> <p><input type="checkbox"/> I took my ARIMIDEX as prescribed. <input type="checkbox"/> I ate nutritious meals.</p> <p><input type="checkbox"/> I talked about my feelings with a loved one or friend. <input type="checkbox"/> I practiced meditation/relaxed.</p> <p><input type="checkbox"/> I exercised.</p> <p><input type="checkbox"/> I did something just for me.</p>
Tuesday	<p>Today I felt: _____</p> <p><input type="checkbox"/> I took my ARIMIDEX as prescribed. <input type="checkbox"/> I ate nutritious meals.</p> <p><input type="checkbox"/> I talked about my feelings with a loved one or friend. <input type="checkbox"/> I practiced meditation/relaxed.</p> <p><input type="checkbox"/> I exercised.</p> <p><input type="checkbox"/> I did something just for me.</p>
Wednesday	<p>Today I felt: _____</p> <p><input type="checkbox"/> I took my ARIMIDEX as prescribed. <input type="checkbox"/> I ate nutritious meals.</p> <p><input type="checkbox"/> I talked about my feelings with a loved one or friend. <input type="checkbox"/> I practiced meditation/relaxed.</p> <p><input type="checkbox"/> I exercised.</p> <p><input type="checkbox"/> I did something just for me.</p>
Thursday	<p>Today I felt: _____</p> <p><input type="checkbox"/> I took my ARIMIDEX as prescribed. <input type="checkbox"/> I ate nutritious meals.</p> <p><input type="checkbox"/> I talked about my feelings with a loved one or friend. <input type="checkbox"/> I practiced meditation/relaxed.</p> <p><input type="checkbox"/> I exercised.</p> <p><input type="checkbox"/> I did something just for me.</p>
Friday	<p>Today I felt: _____</p> <p><input type="checkbox"/> I took my ARIMIDEX as prescribed. <input type="checkbox"/> I ate nutritious meals.</p> <p><input type="checkbox"/> I talked about my feelings with a loved one or friend. <input type="checkbox"/> I practiced meditation/relaxed.</p> <p><input type="checkbox"/> I exercised.</p> <p><input type="checkbox"/> I did something just for me.</p>
Saturday	<p>Today I felt: _____</p> <p><input type="checkbox"/> I took my ARIMIDEX as prescribed. <input type="checkbox"/> I ate nutritious meals.</p> <p><input type="checkbox"/> I talked about my feelings with a loved one or friend. <input type="checkbox"/> I practiced meditation/relaxed.</p> <p><input type="checkbox"/> I exercised.</p> <p><input type="checkbox"/> I did something just for me.</p>

Notes:

Questions to remember to ask my doctor:

Arimidex[®]
anastrozole 1 mg
tablets

Important Information About ARIMIDEX

ARIMIDEX is approved for adjuvant treatment (treatment following surgery with or without radiation) of postmenopausal women with hormone receptor-positive early breast cancer.

ARIMIDEX is approved for the initial treatment of postmenopausal women with hormone receptor-positive or hormone receptor-unknown locally advanced or metastatic breast cancer and for the treatment of postmenopausal women with advanced breast cancer that has progressed following treatment with tamoxifen. Patients with hormone receptor-negative disease and patients who did not previously respond to tamoxifen therapy rarely responded to ARIMIDEX.

Important Safety Information About ARIMIDEX

Prescription ARIMIDEX is only for postmenopausal women. ARIMIDEX should not be taken if you are pregnant because it may harm your unborn child.

Based on information from a study in patients with early breast cancer, women with a history of blockages in heart arteries (ischemic heart disease) who take ARIMIDEX may have a slight increase in this type of heart disease compared to similar patients who take tamoxifen.

ARIMIDEX can cause bone softening/weakening (osteoporosis) increasing the chance of fractures. In a clinical study in early breast cancer, there were more fractures (including fractures of the spine, hip, and wrist) with ARIMIDEX (10%) than with tamoxifen (7%).

In a clinical study in early breast cancer, some patients taking ARIMIDEX had an increase in cholesterol. Skin reactions, allergic reactions, and changes in blood tests of liver function have also been reported.

In the early breast cancer clinical trial, the most common side effects seen with ARIMIDEX include hot flashes, joint symptoms (including arthritis and arthralgia), weakness, mood changes, pain, back pain, sore throat, nausea and vomiting, rash, depression, high blood pressure, osteoporosis, fractures, swelling of arms/legs, insomnia, and headache.

In advanced breast cancer trials, the most common side effects seen with ARIMIDEX versus tamoxifen include hot flashes, nausea, decreased energy and weakness, pain, back pain, headache, bone pain, increased cough, shortness of breath, sore throat, and swelling of arms and legs. Joint pain/stiffness has been reported in association with the use of ARIMIDEX.

ARIMIDEX should not be taken with tamoxifen or estrogen-containing therapies.

Please see full Prescribing Information.

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