

# MIND THE HAE ATTACK

## **Navigating challenges** with treating HAE attacks

**Working with your doctor to overcome  
treatment barriers**

# If you face challenges managing HAE attacks, you're not alone

KalVista Pharmaceuticals, in partnership with HAEA and the HAE community, conducted 2 surveys to explore how people plan for and manage attacks. The results revealed the challenges that injectable on-demand treatments can present.

WHAT THE GUIDELINES RECOMMEND:	WHAT THE HAE COMMUNITY REPORTED
Treat attacks early to stop them from getting worse	<p>People living with HAE will <b>wait</b> an average of</p> <p><b>3.8 hours</b></p> <p>before treating their attacks</p> <p><b>46%</b> do not have on-demand treatment with them at the time of attack</p> <p><b>24%</b> feel treatment is "too painful"</p> <p><b>23%</b> lack a private place to inject</p> <p><b>11%</b> have a fear of needles</p>
Every person living with HAE should have constant, reliable access to 2 doses of on-demand medication	<p><b>~2 out of 3</b></p> <p>people don't always <b>carry</b> their on-demand treatment with them</p> <p><b>72%</b> prefer to treat at home</p> <p><b>32%</b> feel "on-demand treatment is too bulky"</p> <p><b>29%</b> worry "it could trigger a security check when traveling"</p> <p><b>13%</b> think it's "embarrassing to carry"</p>
All HAE attacks are eligible for treatment, regardless of location or severity	<p><b>57%</b></p> <p>of people <b>do not treat</b> every attack</p> <p><b>56%</b> report being anxious about using injectable on-demand treatment</p> <p><b>67%</b> opt not to treat 1 of every 4 attacks</p>

IF THESE RESULTS REFLECT YOUR OWN EXPERIENCE, **CHECK THE NEXT PAGE** FOR SOME STEPS YOU CAN TAKE WITH YOUR DOCTOR



## YOU AND YOUR DOCTOR ARE A TEAM AND CAN TAKE THESE STEPS TO CREATE A PLAN THAT WORKS FOR YOU:

- 1 Be sure to track your attacks and review them together.** Note how severe each attack was, how long it took you to treat them, and if you hesitated to treat for any reason
  - 2 Make a list of the challenges you face with your on-demand treatment.** It's important to feel heard and supported in identifying solutions
  - 3 If you tend to leave your on-demand medication at home, make a list of the reasons why.** Your doctor can help you come up with a plan to keep your treatment on hand
  - 4 If you have any concerns or challenges with using on-demand treatment, make note of them.** Your doctor is there to help you overcome these barriers where possible
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## NOT SURE WHERE TO START? THESE EXAMPLES MAY BE ABLE TO HELP:

How can I stay prepared to treat wherever I go?

What if I need help administering my treatment during an attack?

Can I reach out to you if I'm unsure about treating an attack?

Can we work together to ensure I always have enough medication to treat every attack without feeling like I need to save a dose?

USE THE TEMPLATE ON THE NEXT PAGE TO TRACK YOUR ATTACKS BETWEEN APPOINTMENTS



# My HAE Attack Management Journal



Bring your journal to your next doctor's appointment to help guide the discussion.

**Date of attack** \_\_\_\_\_

**Area affected** \_\_\_\_\_

**Attack severity** \_\_\_\_\_

**Where was I when the attack happened?** \_\_\_\_\_

**Did I have my on-demand medication with me?** \_\_\_\_\_

**Did I treat it right away? If not, why?** \_\_\_\_\_

**How long did it take to recover from the attack?** \_\_\_\_\_

**How I'm feeling about the way I managed this attack** \_\_\_\_\_

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**Notes** \_\_\_\_\_

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**MIND THE HAE ATTACK IS A PLATFORM FOR EVERYONE IN THE HAE COMMUNITY**  
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