MIND THE LACK

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

People living with HAE will wait an average of

3.8 hours

before treating their attacks

46% do not have on-demand treatment with them at the time of attack

24% feel treatment is "too painful"

23% lack a private place to inject

11% have a fear of needles

Every person living with HAE should have constant, reliable access to 2 doses of on-demand medication people don't always carry their on-demand treatment with them

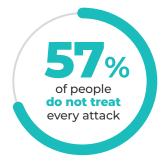
72% prefer to treat at home

32% feel "on-demand treatment is too bulky"

29% worry "it could trigger a security check when traveling"

13% think it's "embarrassing to carry"

All HAE attacks are eligible for treatment, regardless of location or severity



56% report being anxious about using injectable on-demand treatment

67% opt not to treat 1 of every 4 attacks

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:

- 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
- Make a list of the challenges you face with your on-demand treatment. It's important to feel heard and supported in identifying solutions
- 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
- 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

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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