

## Doctor discussion guide

Use this guide to help you have productive conversations with your healthcare team. This could help you establish an ongoing care plan for your cold agglutinin disease (CAD).

### Questions for your doctor

- 1) I've read about hemolysis and the destruction of red blood cells caused by cold agglutinin disease. Can you explain what that means for me and what I should look out for?

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- 2) What blood tests should I have done regularly to monitor my condition? And how often? What blood counts should we be monitoring? (Note: Download our blood test tracker to help monitor results of your tests.)

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- 3) Are there risks of cold agglutinin disease that I should know about?

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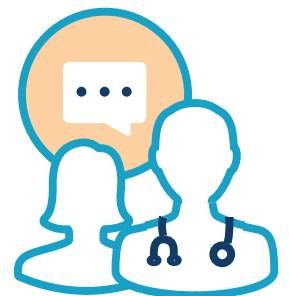
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- 4) What are some ways I might manage fatigue?

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5) What should I be doing regularly to help my immune system and maintain my overall health?

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6) Is it okay for me to exercise?

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7) How often should I come in to see you?

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8) What are my treatment options?

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## Information for other healthcare professionals

**Remember, cold agglutinin disease is a rare condition, and not every healthcare professional may be familiar with all aspects of the disease.**

Here is some important information to share with healthcare professionals, like emergency room physicians, nurses, physician assistants (PAs), blood lab technicians, and other healthcare professionals:

- Cold agglutinin disease (CAD) is a rare form of autoimmune hemolytic anemia (AIHA).
- Blood samples for people with cold agglutinin disease should be kept warm (37°C) until ready for testing, even when transporting from the doctor's office to the lab. Failure to do so may require retesting.

### **DO NOT REFRIGERATE BLOOD SAMPLES**

- IV fluids and blood transfusions for people with cold agglutinin disease also need to be kept warm when they are being administered.

For more resources, visit [CADunraveled.com](https://CADunraveled.com).

Questions? Call us at **1-833-CAD-CHAT (1-833-223-2428)**

Monday–Friday, 8 am–8 pm ET.

