Signs and symptoms of chronic graft-versus-host disease (cGVHD)

It’s important to notice any new or changing symptoms and share them with your transplant team right away. Print this list and put it somewhere you’ll see it to help you keep track of possible GVHD-related symptoms.

Skin, nails, and hair
- Skin texture changes (thickening)
- Nail changes
- Rash
- Unusual hair loss or thinning
- Itchy skin

Eyes
- Dry eyes
- Irritation that won’t go away
- Blurred vision
- Teary eyes

Mouth and throat
- Sores or irritation
- Trouble opening your mouth
- Pain and sensitivity to temperature and spices
- Dry mouth, increasing risk for cavities along gums and between teeth
- Painless, lacy white lines on tongue or inner cheeks

Nervous system
- Weakness, tingling, or numbness in legs and feet

Digestive system
- Nausea or vomiting
- Diarrhea or constipation
- Belly pain or cramping

Joints and muscles
- Arthritis-like symptoms (pain and stiffness)
- Muscle aches or pain, cramps, or weakness
- Difficulty walking distances or down stairs

Lungs
- Cough that doesn’t go away
- Shortness of breath (ie, if you’re breathing rapidly)
- Trouble breathing, possibly due to wheezing or coughing

Genitals
- Irritation or dryness
- Rash
- Painful intercourse

Other
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HELPFUL CONTACT INFORMATION

Transplant center name: ____________________________
Transplant center daytime phone #: ____________________________
Transplant center overnight phone #: ____________________________
Transplant surgeon name: ____________________________
Preferred local hospital: ____________________________

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