

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

- _____

HELPFUL CONTACT INFORMATION

Transplant center name: _____

Transplant center daytime phone #: _____

Transplant center overnight phone #: _____

Transplant surgeon name: _____

Preferred local hospital: _____

Contact your transplant team right away if you notice any of these signs or symptoms or if new ones develop.

