

AS / axSpA Flare Card

Make this on a good day. Use it during a flare.

MY EARLY WARNING SIGNS

WHAT USUALLY HELPS

- Gentle movement I can still do:
- Heat / cold:
- Sleep changes:
- Food / hydration basics:
- Medication plan already agreed with my clinician:

WHAT USUALLY WORSENS IT

WHEN I CALL MY MEDICAL TEAM

- Symptoms lasting longer than my usual flare
- Sustained increase in disease activity over weeks
- Possible infection, missed biologic doses, or medication side effects

URGENT CARE NOW

- Painful red eye, light sensitivity, or sudden vision change
- New leg weakness, numbness, or bladder / bowel changes
- Severe chest pain or trouble breathing
- Fever or serious infection signs, especially on immune-modifying drugs
- Sudden severe spine pain after a fall

After the flare, write down what happened. Each flare is information.