

Lactate Dehydrogenase (LDH) Tracker

One of the most important lab values is called LDH (lactate dehydrogenase, an enzyme found in red blood cells). By measuring your LDH, your physician can determine the degree of hemolysis (red blood cell destruction) in your body. Knowing your beginning LDH and monitoring it over time will help you and your doctor keep better track of the progression of your PNH. It can also be used to help assess the risk for developing serious complications associated with PNH. Your LDH level can change from time to time. Remember, it can increase if you have an infection or if you are under stress.

How the grids work

Use the grids to create graphs that show your lab results over time.

1. At the very top of the grid, you will find a row labeled "Date." Write in the date your blood was tested in the first empty box found in this row.
2. The bottom row provides space for you to record your laboratory values. Write in your LDH laboratory result in this row, making sure that it corresponds to the date in the top row.
3. Find the number in the column on the far left that most closely matches your laboratory value. Record an "X" in the box next to that number. This should be in the same column where you recorded the date and laboratory value.
4. Continue to record your results in order in the columns to the right of your first entry on the grid.

Keep in mind that normal LDH levels vary from lab to lab.

LDH Tracker												
Circle or place a mark next to the date you started Soliris®.												
Lab Value (U/L)	Date	1/2										
	>3000											
	3000											
	2500											
	2000											
	1500											
	1000											
	750	X										
	500											
	250											
	100											
	50											
	My Results	750										

Make sure you discuss with your doctor changes in your LDH levels over time. This can help you better manage your PNH. While you are on Soliris therapy, your doctor may use this information to help decide whether or not you need adjustments to your infusion schedule.

