



Dear Future Me,
When the family got together
last time, you were distracted
by your attack.

Next time, focus on treating
so you can focus on quality time.

Mind the HAE attack
and BE HERE NOW.
SUSAN

Think about your last HAE attack...

Where were you? How soon after attack onset did you treat? Was there anything that turned deciding whether to treat into a complex choice for you? How did the attack progress? How would you advise your future self to treat the next HAE attack?

Take a moment to write your own “Dear Future Me” letter, and keep it on hand as a reminder to yourself for the next time you recognize the onset of an attack.

Dear Future Me,

Mind the HAE Attack,

First initial

MIND THE HAE ATTACK

has been developed with the HAE community to address the psychological and physical burdens of HAE attacks, and co-create tools that support treatment at the onset of every attack.

Visit the “Future Letters” page at
MindtheHAEattack.com and join the community.

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