

HOW TO MAKE THE MOST OF YOUR RHEUMATOLOGIST APPOINTMENT

COME PREPARED

Write down any questions, concerns, and symptoms you want to discuss. Keep a list of all medications and supplements you're taking and their dosages.

BE OPEN

Describe the ways AS affects you. If you haven't been following your treatment plan, be honest about it. And don't be afraid to ask questions.

BRING A FAMILY MEMBER OR FRIEND

He or she may help you stay focused during the visit and recall important points at a later time.

REPEAT IMPORTANT INFORMATION

When your doctor shares important information, repeat it back in your own words to make sure you understand it. Then write it down.

PARTICIPATE IN DECISIONS

Express your concerns and opinions so you and your rheumatologist can come up with a plan that works best for you.

KEEP A LOG OF YOUR SYMPTOMS

This will help you track how much joint pain you're experiencing, as well as the affected areas. Also, note how much your AS symptoms are limiting your range of motion and your ability to complete everyday activities.

FOLLOW UP

Forget to ask a question during your visit? Confused about something your rheumatologist said? Call the office immediately and leave a message with your question.