

A HELPFUL GUIDE TO SPEAKING WITH YOUR DOCTOR ABOUT PARKINSON'S DISEASE

Receiving a Parkinson's Disease (PD) diagnosis can be overwhelming as it comes with much uncertainty and leaves you with many questions. It can be challenging to remember all the questions you want to discuss with your doctor during your visit.





Taking the time to prepare for an appointment with your Parkinson's doctor or movement disorder neurologist will increase the chances for a successful visit. Whether your goal is to get an additional opinion or to review potential treatment options, here is a list of ways you can prepare for a meaningful discussion.

1. Review your symptom history. Write down your symptoms and bring the list with you to your appointment.

2. Provide a list of all treatments, activities or methods you have tried to relieve your symptoms.

3. Review your medications and treatment plan. What treatments have you tried and how have they affected your daily life? Has the impact of the treatment(s) changed over time?

4. Discuss how your symptoms affect your daily life. If possible, bring a daily symptom diary to review with your doctor. PD can be very isolating and have severe impacts on daily life. Be open, accurate and candid with your doctor.

-  Which of your daily activities are affected most?
-  Have your symptoms affected your work and/or social life?
-  Have your symptoms affected you emotionally?
-  Other impacts you want to share?

5. Ask questions. At the end of your visit, make sure you understand all the information your doctor has shared. Discuss your goals and expectations, and your plans to explore further treatment.

To access resources and learn more about Parkinson's Disease, visit parkinson.org and michaeljfox.org.