

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

Living with Parkinson's disease (PD) can be overwhelming as it comes with uncertainty and may leave 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 your 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 questions and information you can prepare for a meaningful discussion.

1 What stage of Parkinson's disease am I experiencing?

Write down the symptoms you are experiencing and bring the list with you to your appointment.

Use this space to take notes on the information your doctor shares with you.

2 What are my treatment options?

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

Take notes below on the treatments your doctor suggests.

3

What are the potential side effects of my medications and treatments? How can I manage these?

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

Write down the potential side effects of medications or treatments shared by your doctor here.

4

How can I manage the impact of PD on my 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. **List any recommendations from your doctors on the right.**

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

5

What can I do to plan ahead?

Discuss your goals and expectations, and your plans to explore further treatment. **Write down recommendations from your doctor on the right.**

- Are there clinical trials I can participate in?
- How often should I make appointments?
- What actions can I take in between appointments?

