

QUESTIONS TO ASK YOUR DOCTOR:

AXIAL SPONDYLOARTHRITIS

If you just learned you have axial spondyloarthritis (axSpA), you probably have many questions. Use these samples to get you started talking with your doctor. You can jot other ones down on the back of this guide.

You'll have limited time with your doctor. Mark the most important questions to you with a star so you can ask those first. You can ask a nurse or someone else in the doctor's office other questions.



THE DISEASE



- What type of axSpA do I have?
- What other problems may come up because of my disease?
- What should I expect in the future? How might the disease progress?

TREATMENT



- What treatment do you think is best right now?
- How long before this treatment starts working?
- When should I call you if I don't feel like it's working?

CARE



- Will my insurance cover this treatment plan?
- Who else should I have on my health-care team?
- How can I ensure different members of my team communicate about my treatment?

COPING



- What can I do if I'm feeling overwhelmed and stressed?
- I can't get comfortable in bed, what can I do?
- What's the best way to loosen up in the morning?