

I am newly diagnosed...

What should I ask my rheumatologist?

INSTRUCTIONS:

This form is intended to remind you of some important questions that you may want to ask your rheumatologist if you are newly diagnosed and/or learning more about lupus. You can print or download this form and bring it to the doctor's office with you, for easy reference. You may want to ask these questions over the course of several visits. Feel free to mark up the form as you see fit, highlighting the questions you would like to ask and marking your notes below the questions your rheumatologist has answered. Please keep in mind that not all of these questions will apply to you and some questions may not be answered by your physician.

What symptoms should I expect as a part of this disease?

Under what circumstances should I notify my doctor or go to the emergency room?

Will other tests need to be done in the near future? How will my lupus be monitored?

What medications will I need to take? And what are the side effects?

How long before I start to see relief or know the medications are working?

How long will I be on these medications?

Will this disease affect my organs? And, if so, how do I prevent further damage?

Is lupus a fatal disease?

Which vaccines are safe for me to take?

What are some trusted websites where I can find more information? And do you recommend any good resources in which I can find material to help those around me understand?

Other questions you may want to ask now, or at a future visit:

MEDICATIONS

Will any of these medications interact with other medications that I am currently taking?

Will any of these medications affect other conditions that I may have?

Are there alternative therapies?

LIFESTYLE

Do I need to avoid the sun?

What should I use for sun protection?

What can I do to manage my fatigue?

Will I need to limit any of my normal day activities (e.g. exercise)?

Are there any exercises that may help?

Should I tell my employer that I have lupus?

(If it's difficult to work full or part-time) Will I need to apply for disability?

(If you smoke) How do I quit?

DIET/SUPPLEMENTS

Is there a diet I need to follow or certain foods I need to avoid?

Should I take vitamins or other dietary supplements?

FAMILY PLANNING

Will I have trouble getting pregnant?

Will my children develop lupus?

NOTES