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## **Preparing for a Medical Appointment**

There are four key points to cover when talking to your doctor about any new concerns:

**Location**: Where on your body do you have the problem?

**Description**: What is it like? Has it changed?

**Duration**: How long has it been going on? Is it consistent or fluctuating?

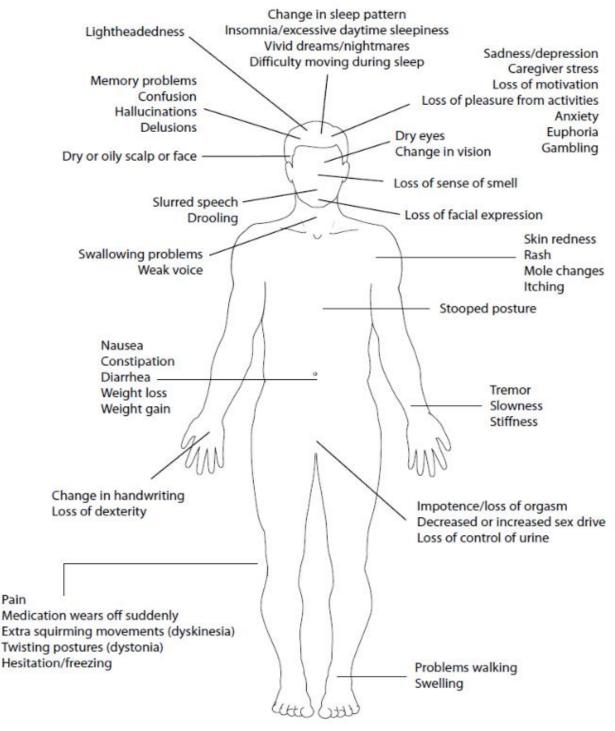
**Intensity**: How bad is it?

The diagram on the other side of this page can be used as a tool for explaining your physical and psychological concerns. Check of or highlight the areas that you would like to talk about.

Issue	Changes, Concerns and Questions							
General health and								
stress level								
Physical symptoms								
i nysicai symptoms								
Variable and allege								
Your mood, sleep,								
anxiety, etc?								
Medication: side	Ask about refi	IIs and bring an	y new medications you are taking including new					
effects, dose, etc.	vitamins or supplements.							
Name of medication	Dose	Schedule	Any concerns?					

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## Common Problems in Parkinsonism and/or Side Effects of Medication



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For additional resources to help you prepare for a doctor visit, check our website under *Get it on time!* campaign resources, or contact PSCNO for a *Patient Summary* sheet, as well as the tips sheet *How to Get the Most out of your Neurologist visit.* 

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