

## QUESTIONS TO ASK YOUR DOCTOR:

# RHEUMATOID ARTHRITIS

If you just learned you have rheumatoid arthritis (RA), you probably have many questions. Use these samples to get 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 problems besides joint pain may come up because of my disease?

Am I rheumatoid factor (RF) positive or negative? Is it important?

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?

What is treat-to-target and how does it work?

### 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?

What can I do to ease my pain along with the medicine you prescribed?

How can I deal with fatigue?