



Questions to Ask Your Doctor

If you just learned you have osteoarthritis (OA), you probably have many questions. Use this list of questions to start an open and honest conversation with your doctor and other healthcare providers.

You'll likely have limited time with your providers, so mark your most pressing questions with a star so you can ask those first. If you don't get the chance to ask all your questions, follow up with a nurse or someone else in the provider's office to get the answers you need.

About OA

- How is OA different from other types of arthritis?
- What's the severity of my OA? What should I expect in the future?
- What other problems may come up because of my OA?

About Treatment

- What treatment do you think is best right now — medications, injections, surgeries, other options?
- How long before this treatment starts working?
- Can we slow or stop the progression of my OA?

About Professional Care

- Will my insurance cover my treatments?
- Who else should I have on my healthcare team?
- Will physical therapy or occupational therapy help me function better?

About Self-Care

- What can I do to ease my pain and inflammation along with the medicine you prescribed?
- Should I use a brace or other mobility aids?
- Are there any over-the-counter medications or supplements that I should consider?

About Coping

- Aren't I too young for arthritis?
- Do I have to give up the things I love to do — sports, recreational activities, hobbies?
- Should I speak to a mental health professional?

The Arthritis Foundation's **Navigating Your OA Diagnosis** guide is your GPS on this journey — providing Guidance, Progress and Support. Contact our **Helpline** ([arthritis.org/helpline](https://www.arthritis.org/helpline) or **800-283-7800**) to request **Your OA Waypoints** — more in-depth information and resources to help you navigate your way to living well with OA.