

QUESTIONS TO ASK YOUR DOCTOR, By Barbara Montgomery

To Prepare for your Visit

- Take a list of your medications and supplements
- Collect copies of important papers/X-rays/test results to take to the doctor's visit and remember to collect the same from this doctor.

Questions to ask

Pain

- Why do my symptoms of pain come and go?
- What can I take for the pain that is not addictive or less addictive?
- What can I do to help ease the pain?
- What alternative treatments or therapies are there for the pain?

Tests

- What tests will you be doing?
- What will the above tests show you?
- What tests will determine the type/cause of my neuropathy?
- How often should I take these tests?

Neuropathy – causes

- What are the potential causes of my neuropathy?
- What type of peripheral neuropathy do I have?
- What makes my neuropathy worse?
- Can I have more than one type of neuropathy?
- Is my type of neuropathy progressive?

- How can I manage the burning sensations in my feet and legs?
- Will physical therapy help?
- Can I stop the neuropathy from progressing?
- What treatments are available for the more severe types of neuropathy?
- Will anything repair my damaged nerves?

Neuropathy - symptoms

- What are the common symptoms of PN?
- What symptoms indicate my neuropathy is more serious?
- Will my neuropathy symptoms change with time?

At the end of the visit

- When should I come back for another visit?
- What suggestions does the Doctor have for you?
- Do I need any referrals?
- Where can I find support groups or organizations?

After The Visit

- Follow your doctor's recommendations and prescriptions.
- Stop bad health habits including smoking, overeating, and oversitting/inactivity (toxins build up in our body if we don't move).

Neuropathy – treatments