



Spinal muscular atrophy Doctor discussion guide for patients and caregivers

1. Preparing for medical appointments

Preparing ahead of time is a good way to get the most out of your doctor appointments and/or clinic days.

You may want to consider bringing:

- medical notes from other healthcare providers
- necessary assistive devices
- insurance information
- snacks, books, or other activities

What questions do you have for your doctor?

1. _____
2. _____
3. _____
4. _____
5. _____

What are your short-term and long-term healthcare goals? What do you want to accomplish in this visit?

2. Tracking symptoms/progression

Keeping track of your symptoms or signs of possible progression, or anything else new you are experiencing can help your doctor determine the best approach for managing your SMA.

What symptoms are you experiencing now?

Are you experiencing anything new since your last doctor visit?

3. Your treatment plan

Ensuring that your SMA treatment and management plan is still working for you should be a regular discussion between you and your doctor.

What medications/supplements are you currently taking?

Have you been able to stick with your current treatment regimen on a regular basis?

- Yes
- No

If not, why not?

- The side effects are intolerable.
- I don't feel I am responding to the treatment.
- I feel like I am progressing faster on the medication.
- It doesn't fit in well with my daily routine.
- It is too difficult for me or my caregiver to administer.
- Other _____

Do you have any other concerns about your current treatment regimen that you would like to discuss with your doctor?

4. Additional notes

Use this space to write down anything else you want to discuss with your doctor.



Additional information?



For more info, see our [guide to SMA empowerment](#) on SMA News Today or scan this QR code.

