

Talking to Your Healthcare Provider About Lupus

You and your healthcare provider are a team in treating your systemic lupus erythematosus (lupus). It is important to keep appointments with your provider. The tips below can help you plan for your next visit.

Get the Most from Your Provider Visits

- Be specific about your symptoms and how they affect you. This will help your provider change your treatment as needed.
- All questions are important. Do not be afraid to ask questions if you do not understand something. Ask your provider how you are doing with your management plan.
- Ask a family member or friend to join you for provider visits.

Prepare Before Each Provider Visit

Write down your questions and concerns ahead of time. Answer the questions below to help you get started.

What are my symptoms? What part of my body is affected?

How have my symptoms changed since my last visit?

How have my symptoms affected me? For example, have they kept me from any activities?

Have I felt more stress than usual? Have I felt moody or blue some of the time?

Am I pregnant, or do I plan to become pregnant?

What changes, if any, have I made to my management plan?

Have I noticed any side effects from my medicines?

***Bring this list with you to your next healthcare provider visit.
Talk with your provider about any questions you may have.***

