

Talking to Your Physician About Your Osteoarthritis

One way to take an active role is to answer the short list of questions below and bring your answers with you on your next physician visit. The more information your physician has, the better the care he or she will be able to provide.

Questions to Ask Yourself

When do you feel your pain? (select all that apply)

- At certain times of the day. If so, when: _____
- With damp weather
- After certain activities. If so, which: _____

Where is the pain? (select all that apply)

- Hand
- Shoulder
- Spine/Back
- Knee
- Feet
- Elbow
- Neck
- Hip
- Ankle
- Other: _____

Where type of joint pain do you generally feel? (select all that apply)

- Sharp
- Throbbing
- Dull
- Other: _____

When did you first notice your joint pain? _____

What is the intensity of your pain? Very Little Pain 1 2 3 4 5 6 7 8 9 10 Extreme Pain
(circle a number at right)

When you have joint pain, how long does it last? (select one which best applies)

- All day
- A few minutes
- All night
- Other: _____
- A few hours

If you have OA, what are you doing to manage your condition?

- Special Diet _____
- Special Exercise _____
- OTC Medication(s) _____ dose: _____ frequency: _____ duration: _____
- Prescription Medications(s) _____ dose: _____ frequency: _____ duration: _____
- Dietary Supplements(s) _____ dose: _____ frequency: _____ duration: _____
- Other: _____

Questions to Ask Your Physician

When consulting your physician, here are some possible questions to ask:

- Is what I have arthritis, or is it another condition?
- If it is arthritis, what type of arthritis is it?
- How will my condition change over the next few years?
- What can I do to help relieve my pain, increase my mobility or manage my condition?
- What are the advantages and disadvantages of the possible treatment options?
- Do I need to use a prescription drug, or can my condition be managed through diet, exercise and taking a prescription medical nutrition product like Limbrel?
- What are the side effects of prescription drugs? Will the prescription drug options cause a bleeding ulcer, elevated blood pressure, heart risk, or risk of bone fracture?
- Are the prescription drugs considered safe for long-term use?
- Are there any medications that might interact with the products considered to use for my condition? Any that I am already taking?



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