

The checklist is designed to help you get the most out of your conversation.

Become the manager of your disease

Be prepared for the conversation

Prepare yourself for the conversation with your physician. Sometimes, the time available for a conversation with the person treating you is tight. When in a rush or in an emotionally sensitive situation, we forget to talk about certain things or struggle to comprehend what is said. The checklist below is designed to help you get the most out of your conversation. The checklist was created in collaboration with the Global MPN Scientific Foundation and with professor Haifa Kathrin Al-Ali, Internist at the University Hospital Halle (Saale) and Director of the Krukenberg Cancer Center Halle.

Make a list of questions

- Write down all the questions you have about the nature of the disease, the therapy options and the further procedure ahead of time. Remember: There are no “stupid” questions.
- Make a note of the answers.

Take someone along to accompany you

This person can support you if you're confronted with stressful information. What's more, they're usually capable of taking in information that you might not be able to absorb under stress.

Take all your medical records with you

In order for your physician to get a comprehensive picture, all available information such as lab and imaging results, your medical history, discharge reports and doctor's letters are helpful.



- ✓ Prepare yourself for the conversation
- ✓ Make a list of questions
- ✓ Take someone along to accompany you
- ✓ Take all your medical records with you
- ✓ Bring a list of medications you're currently taking
- ✓ Say what's on your mind

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"stupid" questions.



Bring a list of medications you're currently taking

It's important for your physician to know what medications you're taking, including non-prescription drugs or dietary supplements. In some cases, interactions between medications can occur, or one substance may inhibit the effect of another.

Say what's on your mind

Feel free to speak openly – all of your questions are important. No question is too "stupid". Ask follow-up questions if you don't understand something or the physician is using too many technical terms. The emotional situation you find yourself in and the technical jargon with which you're confronted with can make it hard to follow the content of the conversation. Repeat your question until you have understood everything – you have a right to do so.

Sometimes it may not be possible for the physician to dedicate enough time to answer all your questions at once. Ask for a follow-up appointment for any additional questions you may have. Keep in mind that this should be a conversation between equals. While your physician is an expert for the therapy and treatment, you are an expert in your life and of your body. You can and should get involved.



*For more information, get in touch
with your physician or pharmacist.*

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