Parkinson Society British Columbia

PREPARING FOR A MEDICAL APPOINTMENT

There are four key points to cover when discussing any new concerns with your doctor:

Location: Where on your body do you have the problem?

Description: What is it like? Has it changed over time?

Duration: How long has it been going on? Is it consistent or fluctuating?

Intensity: How bad is it?

Issue	Changes, Concerns & Questions		
General health & stress level			
Physical symptoms			
Mood, sleep, anxiety, etc.			
Medication	**Dose**	**Schedule**	**Questions & Concerns**
***Note**: be sure to discuss side effects, refills, and new medications, including vitamins and supplements.*			

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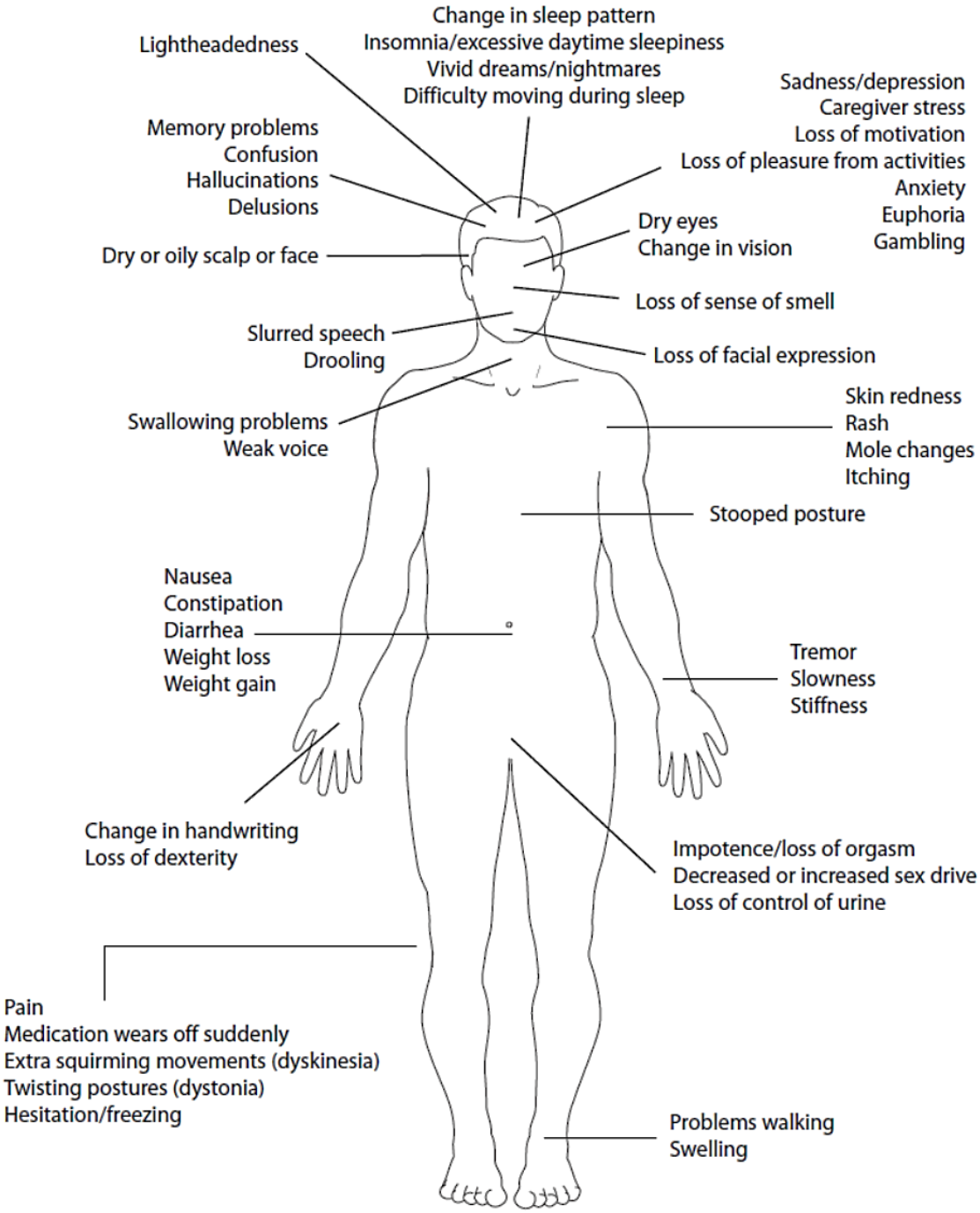
COMMON PROBLEMS IN PARKINSONISM & SIDE EFFECTS OF MEDICATION



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