



# Taking control of your NMOSD management goals starts with a conversation

This discussion guide is designed to promote conversation and make the time you spend with your doctor as productive as possible. So much about neuromyelitis optica spectrum disorder (NMOSD) is out of your control. Getting the answers you need to take control of your management goals isn't.

## Talk about your symptoms

It's important your doctor knows about any symptoms you may be experiencing, including the emotional impact of the disease. Being completely up-front about what you're experiencing and/or feeling is the only way your doctor will know the full truth about how your NMOSD is affecting you.

## Talk about your goals

For both you and your doctor, reducing the risk of relapse is likely the number one goal. It's important to talk about any other goals you may have related to how you want to live life while managing your NMOSD, so you and your doctor can make decisions that are right for you.

### What are your main considerations?

Indicate below and share them with your doctor.

- |   |   |
|---|---|
| <input type="checkbox"/> Reducing risk for relapse                  | <input type="checkbox"/> Dosing schedule                            |
| <input type="checkbox"/> Ability to function at work and/or at home | <input type="checkbox"/> Side effects that impact day-to-day living |

## Talk about your options

You may be reluctant to talk to your doctor about management strategies you've read about or heard discussed in online patient forums. Don't be. Only your doctor will know for sure if certain options align with your goals.

Indicate your level of knowledge about available management options.



Indicate your level of confidence that your current regimen will reduce the risk of relapse.



## Additional questions to ask about your disease management options:

- Is reducing the risk of relapse the main goal in managing NMOSD?
- How do we determine if my management plan is working?
- What are some potential side effects?
- Do certain mechanisms of action align better with my management goals?
- How often should we meet to discuss how it is working?

## Get the support you need

Having a disease like NMOSD can take a physical and emotional toll. It's important that you discuss the impact NMOSD or its management is having on you. The following are questions you may consider asking to address specific concerns that may be impacting your overall decisions about managing your disease.

- How do I explain NMOSD to people?
- What is my risk of having another attack?
- What should I do if I think I'm having a relapse?
- Can certain medications or supplements interfere with others?  
(Bring a list of other medicines or supplements you may be taking)
- Can you help me understand how each option works?
- How will we know if I'm responding?
- What are the different dosing options?
- Are there any patient support groups I can join?

Notes:

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