

Whether you are seeking a definitive diagnosis of neuromyelitis optica spectrum disorder (NMOSD) or have questions about treatment options, this list can help you get ready to have a conversation with your doctor.



Create a list of your symptoms

NMOSD symptoms can often seem unrelated, so it's important your doctor has a full picture of your condition. An NMOSD symptoms checklist (such as the one on [NMOwnThePath.com](https://www.NMOwnThePath.com)) can help you understand and record your symptoms.



Collect your medical records

Your medical history and any previous test results can help your doctor determine the best course of action.



Continue your research

Your doctor is the best resource, but it is important to have an in-depth understanding of NMOSD on your own. Exploring the information provided on [NMOwnThePath.com](https://www.NMOwnThePath.com) and completing additional online research can help you make informed choices.



Personalize your treatment plan

It may be overwhelming to try and understand the different treatment options. After learning about your options, talk with your doctor about what treatment plan works best for you and your lifestyle.



Continue an open dialogue

As you learn more about—and find ways to cope with—your disease, you should always feel empowered to share information and update your doctor on new or worsening symptoms.

What to Ask

Make the most out of the time with your doctor. The below conversation-starters can serve as a helpful guide for appointments.

1. Are my symptoms permanent or will they go away at some point?
2. Why does someone else I know with NMOSD have different symptoms than me?
3. What should I do if I develop new symptoms?
4. Are there factors that may trigger an NMOSD relapse?
5. How can you tell if my treatment plan is working to manage my NMOSD?
6. What lifestyle modifications should I make to help manage my disease?

Write any additional questions below:

NMOSD Terms to Know

NMOSD is a complex disease and can feel challenging to understand. Familiarizing yourself with these common terms can help facilitate discussions with your doctor.

Autoimmune disease: A type of disease in which the body's immune system mistakenly attacks healthy cells, causing chronic inflammation and symptoms. The exact cause of these diseases is not always known.¹

Relapse: Also known as an attack, an NMOSD relapse occurs when inflammation results in an acute increase in symptoms and severity.¹

Aquaporin-4 (AQP4): A common protein that helps water enter and leave cells. AQP4 is targeted by the immune system in about 80% of cases of NMOSD, which are referred to as AQP4 antibody–positive (AQP4+) NMOSD.²

Transverse myelitis: Inflammation of the spinal cord, which can cause limb and bladder weakness.¹

Optic neuritis: Inflammation of the optic nerve (the nerve at the back of the eye) that can cause pain and vision problems.¹

References: ¹What Is NMO? GuthyJacksonFoundation.org. Accessed January 12, 2021 <http://www.guthyjacksonfoundation.org/neuromyelitis-optica-nmo>.
²Layman's Guide to NMO. SumairaFoundation.org. Accessed January 12, 2021 <https://www.sumairaFoundation.org/laymans-guide-to-nmo>.