

# 10 questions *to ask your doctor*

Bring this to your rheumatology appointment. There are no silly questions — good care starts with a good conversation, and your care team wants you to ask.

## Understanding your RA

**1** What causes rheumatoid arthritis? Is there a cure?

**2** Apart from joints, what other parts of the body can RA affect?

**3** What makes rheumatoid arthritis worse?

**4** What medications are used to treat RA?  
Which ones help with pain and stiffness?

## Your treatment

**5** How do I prevent long-term damage to my joints?

**6** What are the side effects of the medications?  
Short and long term — help me weigh the pros and cons.

**7** How soon should treatment start working?  
And what should we do if it isn't helping?

**8** How will we monitor the RA over time?  
What tests will I need from now on?

## Living well

**9** Apart from medications, what else can I do?  
I'd like to know about exercise, diet and lifestyle.

**10** Will treatment let me keep doing the things I enjoy?

## Your own questions

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