



# Speaking [Unspoken] Truths:

A Guide for Talking with Your Doctor.

We know it can be hard to open up about your rheumatoid arthritis (RA). That's why we've created this guide, to help you make the most of every conversation with your doctor.

## START A [BETTER] CONVERSATION

Step 1

### PLAN FOR SUCCESS

Prioritize your most important questions and plan out what you'd like to discuss.



## #ArthritisRevealed

Step 2

### COLLABORATE

Remember, this is a conversation — two people working together.

Step 3

### LISTEN & SHARE

You know your body best. Let your doctor know what it's telling you.

Step 4

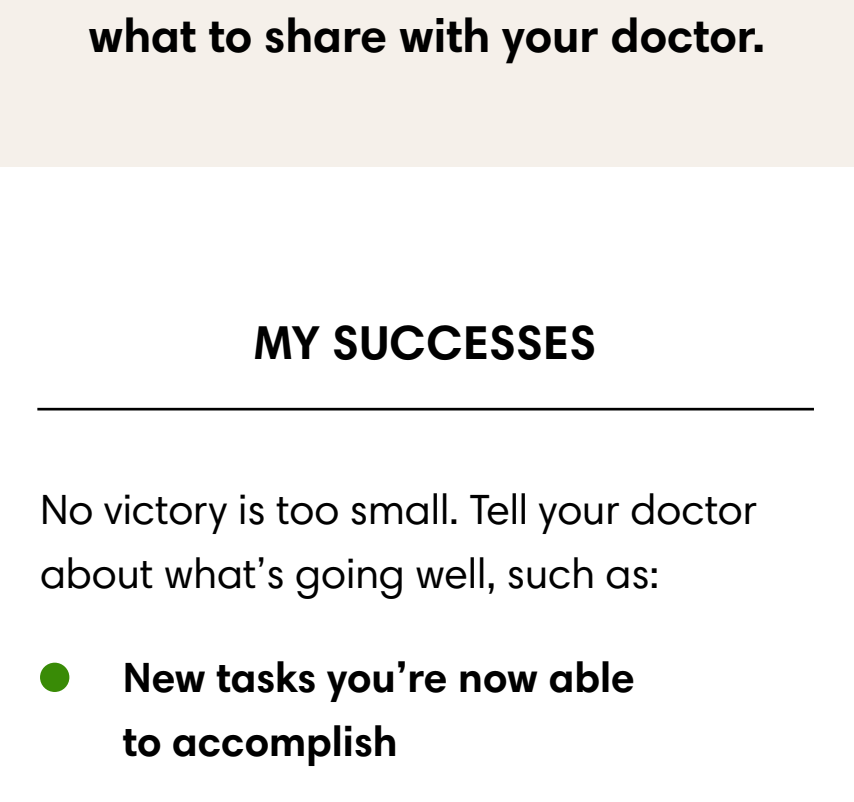
### SET GOALS

Measurable, specific goals can help your doctor track your progress for your next visit.

Step 5

### GO BEYOND "OK"

Words like "achy," "frustrated," or "sore" can give your doctor a fuller picture.



## AMPLIFY YOUR [HIDDEN] VOICE

Here are some suggestions on what to share with your doctor.

### MY SUCCESSES

No victory is too small. Tell your doctor about what's going well, such as:

- **New tasks you're now able to accomplish**
- **Which (if any) of your RA symptoms have improved**

### MY PROBLEMS

Be candid and open about the challenges you might be facing, such as:

- **How your RA symptoms have changed**
- **How you feel about your current treatment plan**
- **How your symptoms are affecting your daily life**

### MY GOALS

Help both your doctor and your state of mind by setting specific goals, such as:

- **Taking a walk around your neighbourhood**
- **Brushing your hair**

### MY QUESTIONS

Your doctor is there to answer your questions. Some common questions include:

- **What can I do to help myself feel better?**
- **Is it "normal" for me to feel this way?**

### MY NEXT STEPS

Make sure you're staying on top of tracking your symptoms. You know your body best and can make notes on how you feel better than anyone.

Talk with your doctor about how to work together toward the joint goals you've set.

## SHARE THE [WHOLE] TRUTH WITH YOUR DOCTOR.



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