





## The Conversation: Questions to Ask Your Healthcare Team

People with classic CAH will require regular healthcare appointments. Good communication with a healthcare team is essential to successfully managing CAH and getting the best care possible. Use these strategies for making the most of your appointments:

### Go to your appointments prepared:

-  Make a list of any questions or concerns you have. Prioritize which ones are most important for this appointment. You'll want to cover those topics first.
  - Questions about how CAH is inherited and how it may impact other members of your family
  - Questions about anything you do not understand, such as the name of a drug, hormone, or diagnostic test
  - Questions regarding options for addressing atypical genitalia and any related clinical issues.
  
-  Find out what needs to be done to prepare for the appointment, for example:
  - Any instructions you need to follow before a diagnostic test
  - Any paperwork that the healthcare provider needs
  - How long you will be at the appointment (which can inform any arrangements you need to make with work or other responsibilities)

### Keep a list of key medical information:

- Names and contact information for all healthcare providers
- Names and dosing instructions for all medications (including medications for CAH as well as other medications, vitamins, and supplements)
- Copies of test results, prescriptions, insurance documents, and other paperwork related

## What to discuss at a healthcare appointment:



Inform your healthcare provider about any changes, including:

- Any change in symptoms or medication side effects
- Any recent illnesses or injuries
- Any change in how the person with CAH feels, including appetite, energy levels, moods, emotions, GI issues, eating habits, and sleep habits
- Any physical changes, such as weight changes, growth, acne, or the appearance of body hair



Bring up any questions or concerns about medications for classic CAH, such as:

- Short-term and long-term side effects
- What to do if you miss a dose of medication
- How each medication works and why it's important
- Any concerns about the cost of medications



Ask your healthcare provider if they recommend any additional steps in treatment at this time. For example:

- Additional tests
- Consultations with specialists
- Adjustments to medications

You may also consider bringing a family member or close friend to your appointment to provide support and take notes.