


















The Conversation: Questions to Ask Your Team

Your appointments are a time to review your diagnosis, discuss how treatment is going, and make decisions about the next steps in treatment. At your appointment, be prepared to talk about:




Any changes in symptoms:

-  Any changes in movement, either involuntary movements or controlled movements (such as problems with balance or coordination).
-  Any changes in moods, thinking, or behavior. For example, problems with concentrating, impulse control, memory, obsessive thoughts, or controlling emotions like anger.
-  Mental health, including any feelings of depression, anxiety, apathy, or irritability.
-  Any changes in how you feel, even if you're unsure if the changes are related to having Huntington's Disease.
-  Anything that has been more difficult or frustrating, such as difficulty taking care of your home or taking care of yourself.
-  Anything that you are concerned about becoming more difficult in the future.
-  Your sleep habits and sleep schedule, including any difficulty sleeping and feeling sleepy during the daytime.
-  Eating habits and nutrition, including any difficulty eating.
-  Any unintended weight loss or weight gain.

Treatment and next steps in treatment:

-  Review any medications that you are currently taking, and how each medication works to manage symptoms.
-  Review any non-medication therapies that are part of your treatment plan, such as physical therapy and speech therapy.
-  How do you feel about your current treatment plan?
-  Are there any symptoms or challenges your treatment plan is not addressing?
-  Does your healthcare provider recommend any changes to your treatment plan?
-  Do you have a plan in place if you experience a medical emergency?

If you are considering a new medication:

-  How does the medication work and why is it recommended?
-  What are the potential side effects and other risks?
-  What does the medication cost?