



## The Conversation: Topics to Discuss with Your SMA Care Team

SMA is a lifelong condition, and the treatment a person with SMA needs can change and evolve over time. Good communication with your healthcare providers is essential to successfully managing SMA. Use this guide to help during appointments.

### Before Your Appointment







Take a moment to consider these questions. It can help to bring notes on what you want to discuss.

- ❓ Are there any new symptoms or changes in symptoms? Changes can be worsening of symptoms or improvements.
- ❓ Is there any aspect of SMA that is difficult at the moment?
- ❓ How do you feel about the current treatment plan?
- ❓ What are your top health concerns at the moment?
- ❓ How are your stress levels? Your overall mental health?
- ❓ Do you have any concerns about the cost of treatment?
- ❓ Do you have a plan for healthcare emergencies?

### During Your Appointment

Use your answers to the questions above to prioritize the topics you want to discuss with your neurologist and the other members of your healthcare team. Other questions you may want to discuss:

- ❓ Do you recommend any changes to the treatment plan?

-  Are there any lifestyle changes we should make?
  -  Are there any other healthcare providers we should be working with at this moment?
  -  Are there any concerning signs or symptoms we should be watching for?
  -  What are the next steps in treatment? What are our next treatment goals?
  -  Are there any new therapies available for SMA? How do these therapies compare to what is already available?
  -  Are there any clinical trials that are recruiting? Should we consider applying to a clinical trial?
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