







The Conversation: Questions to Ask Your Healthcare Team

Good communication with your healthcare team will help you get the most from treatment. Keep a symptom journal. Prepare for your appointments by writing down a list of questions and topics you want to cover. The questions below can help you get started.

- ? What are the most important things for me to know about my diagnosis?
- ? How often will I need blood and urine tests?
- ? What treatment do you currently recommend?
Ask these questions for every medication you are prescribed.
 - Why do you recommend this approach?
 - How does this treatment work?
 - What is the goal of this treatment?
 - How does this treatment affect my immune system?
- ? What else can I do to prevent damage to my kidneys? What can I do to better control my blood pressure?
- ? How will kidney disease affect my day-to-day life? (For example, work and exercise).
- ? Are there other healthcare providers I should be working with?
- ? What other numbers are important to monitor? (Weight, blood glucose, etc.)
- ? Will you communicate with my other healthcare providers?
Ask what you can do to ensure that your primary care provider and any specialists you are seeing are up to date on your diagnosis and treatment.

-  Can I have copies of my lab reports and pathology reports?
-  Where can I learn more about IgA nephropathy and kidney disease?
-  Who can I talk to if I'm concerned about the cost of treatment?
-  What new symptoms or changes in symptoms do I need to watch for? When do I need to call you? When do I need to seek emergency care?

Kidney disease is a complex topic, and your appointment is an opportunity to learn more about your diagnosis. If you have a question, ask. If something isn't clear, ask for an explanation.

