

Ongoing Inflammatory Arthritis Management

What to Discuss with Your Health Care Team

Taking small steps each day toward managing your inflammatory arthritis can help you feel better both short and long-term. While living with inflammatory arthritis is a challenge, advances in understanding arthritis have been helpful and promising in the last decade.



What you and your caregiver can do to make sure your care is on the right track

- Take your medication regularly as prescribed
- Be mindful of the positive choices you make in realizing your goals
- Reach out to family and friends for help in tracking your inflammatory arthritis
- Celebrate your successes, be proud of yourself when you realize your goal
- Reach out to other people with inflammatory arthritis through support or on-line groups

Things to think about until your next appointment

- What positive steps have I taken this week/month to manage my inflammatory arthritis?
- Should I do more to reach my goal(s) or do I need to adjust my goal(s)?
- I am working with support people (professionals, family/friends, support groups) to achieve my goals
- I am sharing what it's like to live with inflammatory arthritis with family and friends so they can better understand my arthritis and have realistic expectations of me
- I am feeling better about my inflammatory arthritis overall because I have a management plan and a health care team in place

Future

Use this tool and your “Making the Most Out of Your Appointment” document to reach your goals in the future. They can be your customized tools to help you measure any progress you’ve made towards reaching your major goals, and be realistic resources for new goal setting.

[Download or print the questions](#)

[Download or print the complete discussion tool to prepare for your doctor’s appointment.](#)