

Whether you are seeking a definitive diagnosis of neuromyelitis optica spectrum disorder (NMOSD) or have questions about treatment options, this list can help you get ready to have a conversation with your doctor.



CREATE A LIST OF YOUR SYMPTOMS AND KEEP TRACK OF CHANGES

NMOSD symptoms can often seem unrelated, so it's important your doctor has a full picture of your condition. An NMOSD symptoms checklist can help you understand and record new or worsening symptoms.



COLLECT YOUR MEDICAL RECORDS

Your medical history and any previous test results can help your doctor determine the best course of action.



CONTINUE YOUR RESEARCH

It is important to have your own understanding of NMOSD. Completing additional online research using credible sources can help you make informed choices and be aware of new symptoms.



ASSESS YOUR TREATMENT PLAN

It may be overwhelming to try and understand the different treatment options. After learning about your options, talk with your doctor about what treatment plan works best for your lifestyle.



HAVE AN OPEN DIALOGUE

As you learn more about your disease, you should always feel empowered to share new information and update your doctor on new or worsening symptoms. Don't be afraid to have an open and honest conversation with them.

