

ANKYLOSING SPONDYLITIS DOCTOR DISCUSSION GUIDE



Answer these simple questions to help you have a more productive conversation with your rheumatologist about your treatment goals.

1 When were you diagnosed with ankylosing spondylitis (AS)?

- ☐ Less than a month ago ☐ 1-5 months ago ☐ 6-12 months ago
- ☐ 1-2 years ago ☐ 3 years ago or longer ☐ I have not been diagnosed

2 Are you currently taking medication? If so, which one(s)?

3 Is your current medication meeting your treatment goals?

- ☐ Yes ☐ No ☐ Don't know

FYI: Over time, pain and tenderness from AS can occur in other areas of the body like the upper spine, rib cage, heels, and neck. That's why it's so important to seek appropriate and effective treatment for any signs and symptoms.

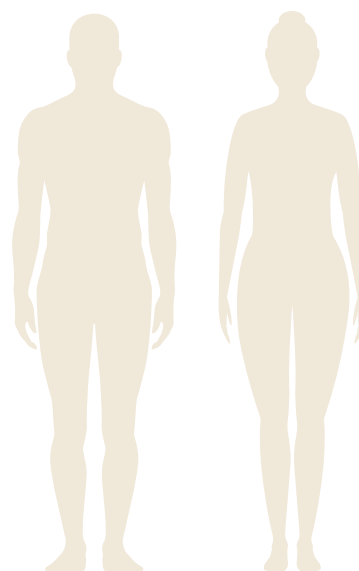
4 Have you had any difficulty with everyday activities like:

- ☐ Climbing stairs ☐ Lifting objects ☐ Bending at waist
- ☐ Sleeping ☐ Standing ☐ Sitting
- ☐ General exercise ☐ Other: _____

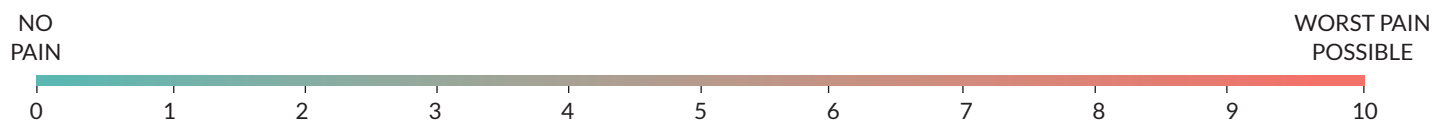
5 What are your symptoms? Check all that apply:

- ☐ Back pain ☐ Neck pain ☐ Hip pain ☐ Joint swelling
☐ Fever ☐ Heel pain ☐ Morning stiffness ☐ Fatigue
☐ Elbow pain ☐ Achilles pain ☐ Chronic diarrhea or other GI symptoms
☐ Eye redness or pain ☐ Other

➤ Use the body graphic on the right to mark areas of pain.



6 How severe are your symptoms overall?



7 AS can affect your life (physically, personally, etc). Have you had any difficulty with the following? Check all that apply:

- ☐ Sleeping ☐ Working ☐ Socializing ☐ Exercising

Please provide specific details:

Notes
