

# AXIAL SPONDYLOARTHRITIS DOCTOR DISCUSSION GUIDE



Answer these simple questions and bring this guide to your next appointment to help your doctor determine if you could have ankylosing spondylitis (AS) or non-radiographic axial spondyloarthritis (nr-axSpA).

**1** Did you start experiencing back, neck, and/or hip pain before age 40?

- Yes       No

**2** Has your pain lasted longer than 3 months?

- Yes       No

**FYI:** Pain lasting over 3 months may be inflammatory. Talk to your doctor to understand the difference between mechanical and inflammatory pain.

**3** What are your symptoms? Check all that apply:

- Back pain       Neck pain       Knee pain  
 Hip pain       Joint swelling       Fatigue  
 Fever       Morning stiffness       Other

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

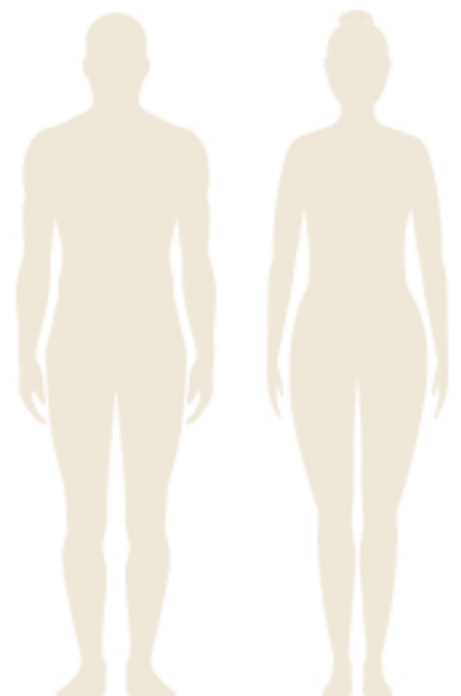
**4** Was the onset of your symptoms sudden or gradual?

- Sudden       Gradual

**FYI:** Mechanical pain is often described as sudden. Inflammatory pain is often described as gradual with periods of intense pain.

**5** Has your pain and stiffness gotten worse over time?

- Yes       No



**6 What makes your symptoms feel better?**

- Exercise       Rest       Nothing       Other: \_\_\_\_\_

**FYI:** Pain that feels better with exercise may be inflammatory. Alternatively, pain that feels better with rest may be mechanical.

**7 Do your symptoms get better or worse throughout the day?**

- Better       Worse

**8 Do you experience any of the following? Check all that apply:**

- Eye redness or pain       Chronic diarrhea or other GI symptoms  
 Fatigue       Skin rashes

**9 Do you have a family history of ankylosing spondylitis (AS), non-radiographic axial spondyloarthritis (nr-axSpA), or other inflammatory conditions?**

- Yes       No

**10 AS and nr-axSpA 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:

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**11 Have you ever seen a rheumatologist for your symptoms?**

- Yes       No

**FYI:** A rheumatologist specializes in diagnosing and treating inflammatory diseases like AS and nr-axSpA.