

ANKYLOSING SPONDYLITIS DOCTOR DISCUSSION GUIDE



Answer these simple questions and bring this guide to your next doctor appointment.

1 Did you start experiencing back, neck, and/or hip pain before your 40th birthday?

- 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.

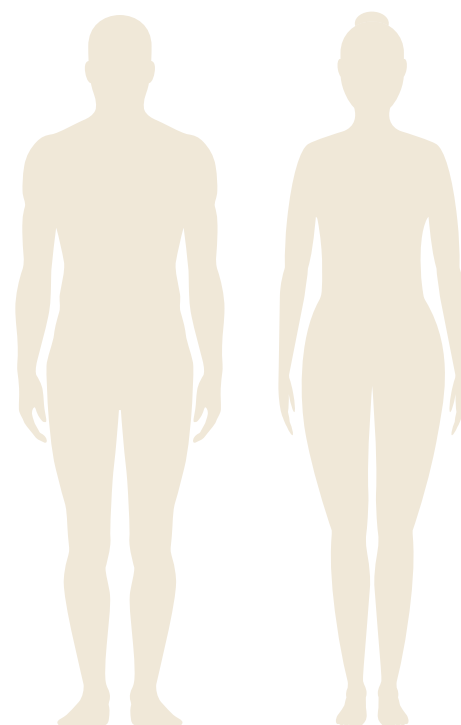
4 Was the onset of your symptoms sudden or gradual?

- 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?

- Yes No

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) or other inflammatory conditions?

- Yes No

10 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:

11 Have you ever seen a rheumatologist for your symptoms?

- Yes No

FYI: A rheumatologist specializes in diagnosing and treating inflammatory diseases like AS.