

GET THE CONVERSATION STARTED:

A GUIDE FOR TALKING TO YOUR DOCTOR



Osteoarthritis knee pain affects everyone differently, and there is no one-size-fits-all approach to treatment. So finding a solution that works for you can take time.

You can help your healthcare provider by taking an active role in managing your osteoarthritis of the knee. Ask questions, share how your pain impacts you, and think of yourself as a partner in making a decision about your osteoarthritis of the knee. Use this guide to get the conversation started.

TALKING ABOUT YOUR CURRENT TREATMENT APPROACH

When you see your healthcare provider, make sure to share how osteoarthritis knee pain is affecting you, how you're managing it, and how well your treatment approach is working.

At each visit, tell your healthcare provider:

- ✓ How osteoarthritis knee pain impacts your life
- ✓ Any lifestyle approaches you've taken to help manage osteoarthritis knee pain, including things such as exercise or healthy eating
- ✓ What pain medications you take at home, how well they work and any side effects you may experience

If your healthcare provider previously recommended a specific treatment approach, remember to share:

- ✓ If it worked for you
- ✓ How quickly the pain relief started and how long it lasted
- ✓ If the pain relief allowed you to get back to daily activities

“ Even though we may have similar symptoms, we're all different. And there are different approaches to treating osteoarthritis [of the knee]. Don't try to fix it on your own. **”**
You really have to see the doctor.
—Stanley, diagnosed with osteoarthritis in 2010

GET THE CONVERSATION STARTED:

A GUIDE FOR TALKING TO YOUR DOCTOR

CONSIDERING YOUR OPTIONS FOR MANAGING OSTEOARTHRITIS KNEE PAIN

If you and your healthcare provider are discussing treatment approaches for your osteoarthritis knee pain, you may want to ask these questions:

1 What treatment approaches should I consider? What are the pros and cons?

2 What should I expect from the treatment you're recommending? How quickly will it start working? How long will the pain relief last?

3 Are there any side effects I should be aware of?

4 Is it okay to take additional over-the-counter pain relievers as needed?

5 Are there any additional lifestyle changes I should make to support my treatment? Can I continue doing the things I currently do (for example: exercise, dieting, etc.)?

“ When I got a new doctor, we had to build our relationship. There's a learning curve in getting to know someone. If you have questions, you need to ask them. **”**
— Kim, diagnosed with osteoarthritis in 2000