

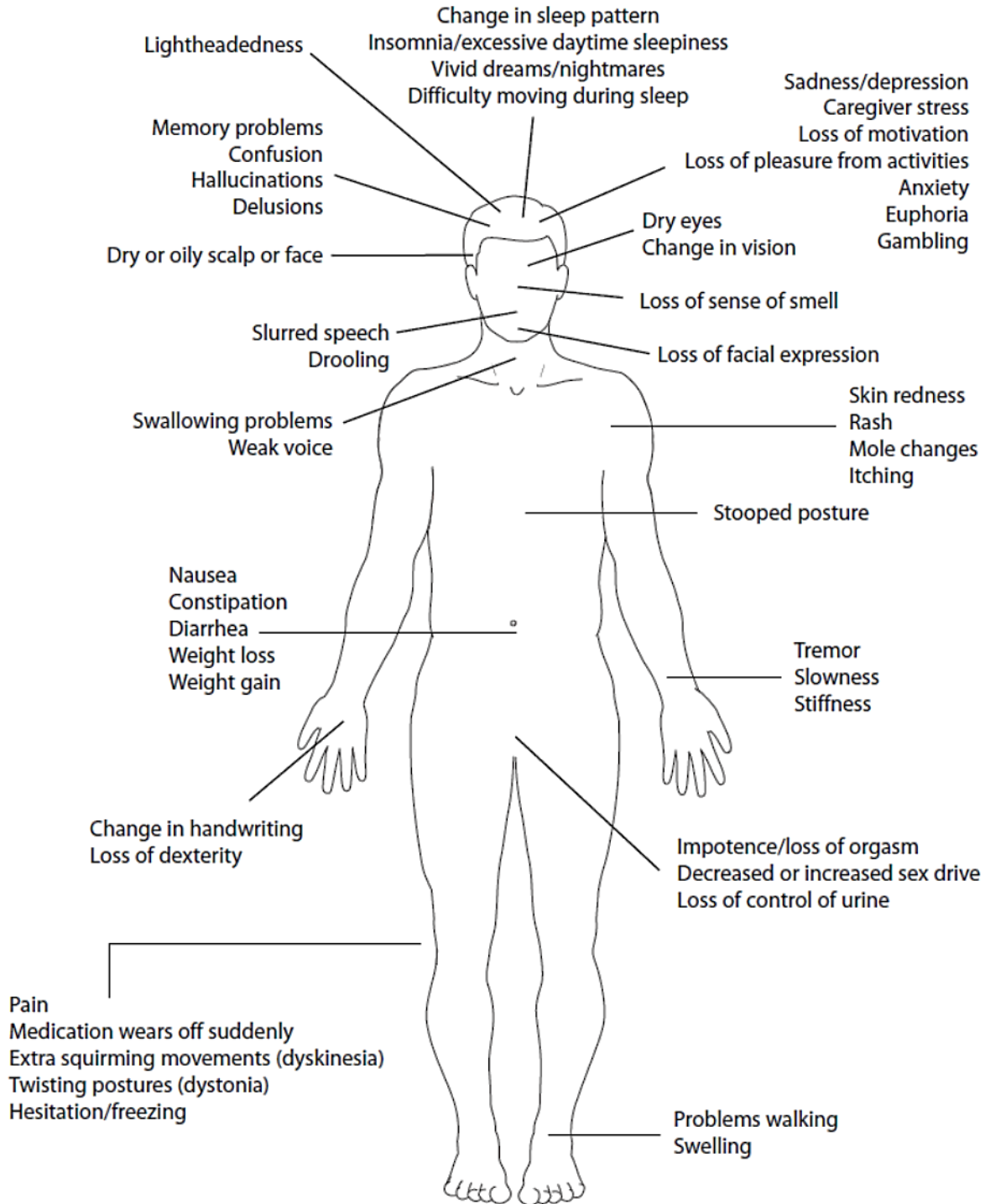
## PREPARING FOR A MEDICAL APPOINTMENT

There are four key points to cover when discussing any new concerns with your doctor:

- Location:** Where on your body do you have the problem?
- Description:** What is it like? Has it changed over time?
- Duration:** How long has it been going on? Is it consistent or fluctuating?
- Intensity:** How bad is it?

Issue	Changes, Concerns & Questions		
General health & stress level			
Physical symptoms			
Mood, sleep, anxiety, etc.			
Medication	Dose	Schedule	Questions & Concerns
<i>Note: be sure to discuss side effects, refills, and new medications, including vitamins and supplements.</i>			

## COMMON PROBLEMS IN PARKINSONISM & SIDE EFFECTS OF MEDICATION



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