



DOCTOR DISCUSSION GUIDE

Neuromyelitis Optica Spectrum Disorder (NMOSD)

Use this guide to help talk to your doctor about your aquaporin-4 immunoglobulin G positive (AQP4-IgG+) NMOSD and your options. Being your own advocate is going to help you get the treatment you need.

Before your appointment, fill in or be prepared to talk about the following items.

TELL YOUR DOCTOR

In the last 24 months:

How many NMOSD relapses have you had? _____

How many times were you hospitalized for relapses? _____

Have you seen any other doctors for your NMOSD symptoms? _____

I would rate the following NMOSD symptoms:

NONE  SEVERE

Difficulty getting around 1 2 3 4 5

Blurred vision or vision loss 1 2 3 4 5

Other symptoms I've had are _____

Treatment history

Which treatments have you tried? _____

Which NMOSD treatment are you currently taking? _____

How many times have you relapsed while taking this treatment? _____

NMOSD impact

Over the past 12 months, in what other ways has NMOSD affected you?

ASK YOUR DOCTOR

During your appointment, consider asking the following questions, or write your own.

What is the antibody status of my NMOSD? _____

What are my treatment options? _____

Learn more at AlexionNMOSD.com