

# Physician Visit Checklist



## How To Get The Most Out Of Your Doctor Visit

**Condition:** Graves' Disease

### Symptoms I am experiencing:

*Circle all that apply*

Anxiety

Irritability

Fatigue

Rapid heartbeat

Heat sensitivity

Unexplained weight loss

Enlarged thyroid gland

Menstrual cycle changes

Erectile dysfunction

Reduced libido

(Grave's ophthalmopathy)

Bulging eyes

Pressure/pain in or around the eyes

Puffy eyelids

Inflammation around the eyes

Vision problems (double vision, vision loss)

Light sensitivity

(Grave's dermopathy)

Red, thick skin on feet and shins

### Frequency Of Symptoms

*Write symptom + frequency you experience it*

A large, empty rectangular box with a light gray background, intended for the patient to write down the frequency of their symptoms.

**I have treated/managed symptoms by the following:**

*Explain any medications you have used, lifestyle treatments, natural remedies*

**Other Medications I Am Currently Taken Not Related To Graves' Symptoms:**

*It is important to list everything including natural supplements*

**Family History:**

*List any family members/relatives who have had Grave's Disease or another thyroid disorder*

**Questions I Have For The Doctor:**

Question, Notes

Do you think a thyroid condition is causing my symptoms or condition?

Are there other possible causes for my symptoms?

What tests do I need to make a final diagnosis?

Is my condition likely temporary or chronic?

What treatments do you recommend? And what are the benefits/risks?

What are the alternatives to the primary approach you're suggesting? Have any natural methods been proven effective?

Are you concerned about my other health conditions/medications interfering with treatment?

Are there any dietary/lifestyle changes I need to make?

Should I see a specialist?

What do I need to do to avoid/get rid of graves' ophthalmopathy and graves' dermopathy?

Should I be concerned about my weight?

What resources do you recommend so I can become more knowledgeable about my disease?

