

Doctor 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?

