

Alzheimer's Diagnosis: Questions to Ask Your Doctor

Being diagnosed with Alzheimer's disease can be overwhelming, but you will benefit from taking an active role in your healthcare.

Things to bring to your appointment:

- The doctor's name and contact information
- A list of your medications
- A notepad to write down the doctor's responses
- A friend or relative to accompany you if possible

Here are some questions you can take along when you visit the doctor.

- Have tests ruled out the possibility that this is normal aging?
- How much experience do you have in treating people with Alzheimer's disease?
- Will you be my main doctor throughout my illness?
- Is it possible the medications I'm on could be making my symptoms worse?
- What stage of Alzheimer's disease am I in now, and what changes can I expect as my disease progresses? What's the emotional impact?
- What treatments are available to slow the progression of the disease?
- Would mental and physical exercise preserve my cognitive health?
- Will you be testing my mental condition at regular intervals?
- What's your advice for sharing this news with the people in my life?
- Is it safe for me to drive? How will I know when it's not?
- Should I (we) be looking at getting some help or making other living arrangements?
- What services and support organizations for Alzheimer's disease are in the area?
- Are you aware of any Alzheimer's disease clinical trials I might qualify for?



Alzheimer's Disease Research

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