IgG4-RD

Your Guide to Talking with Your Healthcare Provider About IgG4-RD

Taking charge of your health starts with meaningful conversations. This guide is designed to help you feel confident and prepared when discussing IgG4-RD with your healthcare team.

Preparing for Your Appointment

Track Your Symptoms

- Use a Symptom Tracker to record your symptoms, how often they occur, and how they impact your daily life
- Note any changes, new symptoms, or patterns you've noticed since your last visit

Gather Your Medical Information

- Create a list of all medications and supplements you're currently taking
- Bring records of past tests, imaging, or other relevant medical history

Think About What You'd Like to Achieve During Your Visit

Examples include:

- Gain a better understanding of your symptoms
- Confirm your diagnosis
- Explore treatment options
- Learn how to manage new symptoms

Empower Yourself with Knowledge

- Stay informed about IgG4-RD by seeking credible resources
- Advocate for your needs by sharing your experiences openly with your doctor

During Your Appointment

Share Your Story

- Be specific when describing symptoms: When did they start? How severe are they? Are they getting better or worse?
- Discuss how your symptoms are affecting your daily life, work, or hobbies

Ask Questions

Make the most of your time with your doctor by asking these questions:

- Is this disease permanent, or can symptoms change over time?
- What tests are needed to confirm my diagnosis?
- What should I do if I experience new or worsening symptoms?
- What triggers flares?
- How can I best monitor my symptoms between visits?
- What management strategies can help with my symptoms?
- How will we track progress and adjust my management plan if needed?

Other questions I want to ask: _____

_____

_____

Take Notes or Bring Support

- Write down key points during the conversation
- Consider bringing a trusted friend or family member to help you process the information

After Your Appointment

Reflect on the Visit

- Review any recommendations, test results, or next steps provided by your healthcare provider
- Make sure you understand your treatment plan and when to follow up

Stay Connected

- Use your Symptom Tracker to monitor changes
- Reach out to your healthcare provider if you have additional questions or concerns

IgG4-RD, immunoglobulin G4-related disease.