

## **How to Prepare for a Doctor's Appointment**

As you might have also experienced, in most countries, patients often have to wait months before they can see a specialist, and when the day finally arrives, they are so excited that they forget half of what they had planned to say or ask. Hopefully, these tips will help you prepare better for your appointment.

### **What information is relevant to your doctor?**

The answer is EVERYTHING! Do not hold back any information. We know of cases where the patient, for example, did not mention that their child had hearing problems because they considered this information to be irrelevant to the periodic fever syndrome their child has. If for whatever reason the doctor forgets to ask if the child has hearing problems, then this very important piece of information will be lost. Mention everything and let the doctor or specialist decide for themselves, what is relevant and what is not.

### **Symptoms**

This is probably the most important part. It is very important to write down the symptoms of the person suspected to have an autoinflammatory disease. The easiest would be for you to produce an excel sheet for tracking the symptoms: on the left side, you can have the days of the month and at the top and across, you can list the symptoms you or your child have. Print it (one page is good for 1 month), and each day, all you have to do is mark the symptoms you or your child had that day. We had produced a very good symptoms tracker for patients which is a no brainer as you might know, but unfortunately, we are no longer allowed to use it. If it's easier for you, you can also do this electronically by using an app such as Feevy, Flaredown, My Pain Diary, Sympleapp, Healthmapperapp, etc.

### **Fevers**

If fevers play a big role in your case, please also keep a log of the daily fevers, especially the times, temperatures and frequency. Some patients have low-grade fevers, while others have high temperatures. The fever log will help the doctor identify if there is a particular fever pattern which might ultimately contribute to your diagnosis.

### **Length and frequency of flares**

Periodic fever syndromes, also called autoinflammatory diseases, are sometimes difficult to differentiate from one another and in such a case, the length and frequency of the flares can be decisive.

### **Pictures**

Whatever visible symptoms you or the affected person has, you need to DOCUMENT them! As crazy as it sounds, you will need to prove that in fact the symptoms you report did happen. This can be easily done with your cell phone. If you see a mouth ulcer, a skin rash, a swollen lymph node, red eyes, anything that you can actually see, please take a photo. In the case of a fever, you can even take a picture of the thermometer showing the actual temperature but also take a picture of the person with fever and the thermometer next to her/him. We suggest this because we have heard cases of patients being told that they downloaded the picture from the internet!

### **Allergies or adverse reactions**

If you are aware of any allergies or adverse reactions to certain medications you or your child have, please mention them to the doctor.

