

# HOW TO TALK TO YOUR DOCTOR

live **B**eyond  
**E**pilepsy™



THE EPILEPSY COMPANY™

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Epilepsy Ambassadors

live **B**eyond  
**E**pilepsy™

## You can live well with Epilepsy...

In France around 500,000 people have epilepsy but they live, work, have leisure occupations, enjoy normal sexual relations and are active members of society.

They are living proof that epilepsy, if managed well, does not have to stop the person from realising their goals in life.

Living with a chronic condition like epilepsy means you should see your epilepsy specialist at regular intervals.

- Let your doctor know you want to be a partner in your health care
- Talk with your doctor about the most optimal treatment for you
- Let your doctor know what your priorities are, for example:
  - “I’m studying for my exams and plan to go to college.”
  - “I’m on the pill. Will my medicine affect this?”
  - “I’m planning on having a family in the next 2-3 years.”
  - “I’m starting a new job.”
  - “I’m having to take other medicines for my heart.”
- Ask which medication would best suit your current situation

## Some advice for your next doctor visit

- Make the most of your visit:
  - Be on time for your appointment
  - Make a list of questions to ask and have answered
  - Bring a list of the current medicines you are taking
  - Bring along your seizure calendar to discuss any new symptoms or problems
- Ask questions if you don’t understand what has been said
- Listen carefully to what your doctor says, bring a note pad to write things down to read later
- Let your doctor know if you experience any new symptoms or changes in your level of functioning—such as changes in cognition or emotional issues
- Don’t be timid!

## Notes for my next appointment

- Date of my next appointment:

\_\_\_\_\_

Time: \_\_\_\_\_

- No. of seizures since last visit: \_\_\_\_\_

- I’ve noticed the following changes (e.g. problems remembering, weight gain or loss, fatigue etc.):

\_\_\_\_\_

\_\_\_\_\_

- I’d like to find out more about:

Other sources of information about epilepsy

Joining an epilepsy group

Other:

\_\_\_\_\_

\_\_\_\_\_

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**Your doctor is an expert in epilepsy**

**YOU are an expert in your epilepsy**