

# 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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