

CONVERSATION STARTERS

*To Help You Take
Charge of Your
Health and Wellness*



WITH YOUR HEALTHCARE PROVIDER

- “I’m having problems that I don’t understand. Can you help me find out what the problem is?”
- “You’ve told me that I have multiple sclerosis but I don’t understand what that means.”
- “Could you refer me to someone who specializes in treating MS?”
- “What other providers will be involved in my care and how do I find them?”
- “I know that MS behaves differently in people of color than it does in white people. Can you explain what that means for me and my MS?”

- “I would like get a second opinion about my MS diagnosis before I start treating it. That way I can feel more confident about my treatment decision.”
- “Are there support groups in the area?”
- “I’m not understanding what you’re saying. Could you say it differently... give me something to read...bring in a translator?”
- “Here’s a list of the symptoms I’ve been having since my last visit. Could we talk about them today or schedule another appointment to talk about them?”
- “I would like to bring my family members to my appointments. This will help them understand my MS and help me to have their support.”

WITH YOUR SUPPORT NETWORK

- “The doctor has told me that I have multiple sclerosis. MS is not contagious so you don’t have to worry about catching it. Would you like me to give you information about it?”
- “I know I’ve always been pretty tough and independent, but this disease is a lot to handle. I could really use your help and support.”
- “I have good days and bad days and MS can be very unpredictable. I love to spend time with you but please understand if I have to postpone or change a plan at the last minute. Let’s make sure we always have a backup plan.”

WITH A NATIONAL MS SOCIETY NAVIGATOR

(1-800-344-4867)

- “Do you have resources in Spanish that I can share with my family and friends?”
- “Can you refer me to an MS provider in my area who speaks Spanish?”