

TIPS: HOW TO START TALKING WITH YOUR DOCTOR

It's important to have open communication with your doctor about your seizure disorder. Building a strong relationship can increase your confidence in the care you receive. This connection may be even more effective when your doctor is aware of and sensitive to your cultural background.

When talking to your doctor, use these sample questions to help understand your seizures and treatment plan. Don't hesitate to ask anything you're unsure about—the more you share with your doctor, the better they can assist you.



If you have not found a doctor for your seizure disorder, please read “Tips: How to Find the Right Doctor for You.” These tips will help you find a doctor to meet your needs.



What is your approach to treating people from different cultures?

- How will my culture be considered when building my treatment plan?
- How can I talk to you about who I am or how I self-identify?
- How do you make patients from all cultures feel comfortable?
- How will you handle cultural beliefs that may affect choices I make about my treatment?



What does seizure disorder look like for people who have a similar cultural background to me?

- How can seizures affect my life?
 - What challenges should I expect?
 - How can I prepare for them?
- What warning signs or triggers for seizures should I watch out for?
- How often will I see you?
 - What will our visits look like?
 - How long should I expect to wait if I need to make an appointment?
- If I have an emergency, where should I go for help?



What are my treatment options?

- What will you expect from me in managing my seizures?
- Can you explain how treatment will help my seizures?
- If I'm interested, will you discuss other treatments (eg, herbal treatments or surgery)?
- What are the side effects of the treatment you are giving me?
- What can I do for my seizures if my medication doesn't work?
- How can we make my treatment plan together?
- How can a family member or friend come to doctor visits with me? Can they participate in my care?



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- ## What costs should I expect?

- ## How can I learn about my seizure disorder?

- Please add any more questions you want to ask your doctor.**