

Taking Charge of Your Health With NMOSD

Taking an active role in your health can help you in your journey with neuromyelitis optica spectrum disorder (NMOSD). According to a survey of those living with NMOSD and their care partners, those who are “extremely comfortable” discussing other treatment options with their doctor are almost three times as satisfied with their care.¹

Follow this roadmap for helpful tips on how to be unstoppable throughout your NMOSD journey.



BEFORE APPOINTMENTS

- **Learn more about NMOSD** and how to best manage your condition through resources from community organizations, such as [The Guthy-Jackson Charitable Foundation](#), [Siegel Rare Neuroimmune Association](#) and [The Sumaira Foundation](#). Online medical journals and product websites are also reliable sources for information about research and treatment options
- **Gather important information** related to the appointment, such as a medication list, symptom tracker, other health records or previous treatment details. Have your documents ready on a mobile device or in a folder to bring to the appointment, and be prepared to ask your questions
- **Complete and print the Medical Resource Card** with your health information and identify who to call and where to go in case of an emergency

“You don’t have to navigate this journey alone.”

– Doug, lives with NMOSD



DURING APPOINTMENTS

- **Speak up** about your concerns or ask any questions you may have about symptoms or treatment options
- **Tell your doctor** about how NMOSD impacts your daily life and the factors that are important to you when making treatment decisions
- **Take notes** or bring a loved one to listen and help you remember what was discussed with your doctor
- **Stay positive** and remember your doctor is there to support you. Don't be afraid to advocate for your health when you feel like something isn't right. You know your body best



AFTER APPOINTMENTS

- **Track your symptoms** through a personal journal or your doctor's online health portal and regularly inform your doctor of new or worsening symptoms
- **Connect with others** in the NMOSD community through patient advocacy groups or community social groups to listen to their stories and encourage them to also advocate for themselves

Reference: 1. Horizon Therapeutics plc. NMOSD Community Satisfaction Survey. *NMOSD Won't Stop Me*. 2023.

For more tips and to hear from others with NMOSD, visit [NMOSDWontStopMe.com](https://www.NMOSDWontStopMe.com).