



# VESTIBULAR

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## DISORDERS ASSOCIATION

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### Questions for your doctor:

1. What do you think is causing my problem? Why might this be happening to me (i.e. are there precipitating factors that could cause this type of problem)? Can you show (model, picture) where my problem originates?
2. Is there more than one condition that could be causing my problem? What are other possible diagnoses?
3. What tests will you do to diagnose my problem? How accurate are these tests? How safe are they?
4. What is the likely course of this condition? What is the long-term outlook with and without treatment?
5. What are my treatment options? How effective are they? What are their benefits & risks?
6. How can I tell if I'm getting better or worse? If my symptoms worsen what should I do?
7. Are you aware of the medications I am taking? Can they adversely affect my condition? Will this change my treatment?
8. Is my condition progressive? If so, what other changes can I expect?
9. Where can I find additional information about my condition (internet, associations, etc.)?



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### Notes to make after your doctor's visit:

1. What is my diagnosis? What does that mean in simple terms?
  
2. Do I need additional tests? If so, what are those tests? When and where should I schedule them?
  
3. What is my treatment plan (surgery, medications, therapy)? How soon can I expect to receive results from the treatment?
  
4. What type of home treatment can I do? What lifestyle changes can I make to improve my condition?
  
5. Can my condition be treated with medications? If so, what are they and what are the side effects/precautions?
  
6. Do I need surgery? If so, what type of surgery, and what are the potential complications?
  
7. Signs & symptoms to look for:
  - a. Signs that indicate I'm getting better are:
  
  
  - b. Signs that indicate that I'm getting worse are: