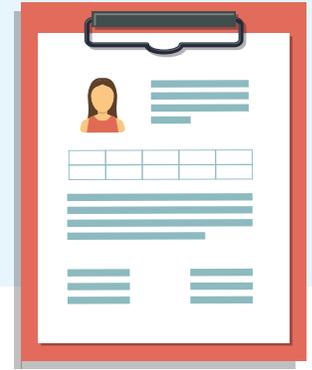


TALKING WITH YOUR DOCTOR

Talking with your doctor about osteoarthritis (OA) pain and its treatment is an important part of getting the help you need. Print, complete, and take the discussion guide to your next doctor's appointment to help ensure you get answers to important questions about nonsteroidal anti-inflammatory drugs (NSAIDs) and your condition.

Ask your doctor about your NSAID dose.



Doctor Discussion Guide

My Osteoarthritis (OA) Symptoms

- My symptoms:
 Pain Inflammation Stiffness
 Inability to move Other _____
- Indicate where you feel OA pain:
 Neck Shoulder Elbow Hand
 Hip Knee Other _____
- On a scale of 1 to 10, with 1 being mild and 10 being severe, my pain level is: _____
- My other symptoms include: _____
- Activities that make my symptoms worse: _____
- My symptoms limit my ability to do my job or affect my daily activities: Yes No
- I've had these symptoms for _____ length of time.
- My symptoms are worse in:
 the morning the afternoon
 the evening at bedtime
- Compared to 3 months ago, my symptoms are:
 the same better worse

My Current and Previous OA Treatments

- The medications I now take for these symptoms are (list all): _____
- I take _____ dose _____ times per day (list for all medications) _____

- I have taken these medications for _____ length of time (list for all medications).
- The medications do do not help relieve my symptoms.
- The medications relieve my symptoms for _____ hours or _____ length of time.
- Other therapies that help relieve my symptoms include:
 Resting or limiting use of the painful area/joint
 Hot or cold packs Other _____

My Medical History

- I have a history of (indicate all that apply):
- Heart disease Stroke
 - High blood pressure Kidney or liver disease
 - Gout Osteoarthritis (OA)
 - Ulcers
 - Gastrointestinal (GI) disease/problems
 - Other heart, GI, or kidney problems
- _____

Important Questions to Ask Your Doctor

What is my NSAID dose?

- Am I on the lowest available NSAID dose? Why or why not?
- What are possible side effects of NSAIDs?
- How are the side effects related to the dose?



Ask your doctor if an Iroko low-dose NSAID might be right for you.