

My Clinic Visit Planner

Bring to your doctor's appointments

Life Threatening Symptoms



Anesthesia

Must inform your doctor about anesthesia precautions - see www.myotonic.org/toolkits-publications. Must inform healthcare personnel involved in any surgeries or other procedures needing anesthesia or pain control



Respiration

1 cause of death - tell your doctor about any chest infections; request vaccinations as recommended; request a flu shot every year; request a pulmonary function test at least once a year



Cardiac

#2 cause of death - irregular heart beats or arrhythmias and conduction issues can be unexpected and progress quickly; tell your doctor about any dizziness, light-headedness, chest pain, rapid or irregular heart beat; request an ECG immediately if you experience these symptoms; request a cardiac evaluation annually or as recommended in the Consensus-based Care Recommendations

Severe Symptoms



Muscle Weakness

Tell your doctor about any falls, changes in function or mobility, e.g. things you can no longer do; if you are becoming more reliant on a caregiver; things you have had to give up doing; report speech and swallowing difficulties or changes; any myotonia or muscle cramping



Excessive Daytime Sleepiness

Tell your doctor whether your sleep has changed; let your doctor know whether you are using your bi-pap or c-pap machine regularly; bring the machine or chip to the appointment so your doctor can record your measurements



GI

Be sure to update your doctor about changes in status of reflux, bloating, abdominal pain, bowel movements



Eyes/Vision

Request an annual cataract check-up; let your doctor know if you are experiencing eye irritation or weakness, or eye-lid drooping



Tumors

Mention any new or painful growths or lumps; ask your doctor to follow normal cancer screening guidelines, particularly for cancer of the breast, testes, cervical or colon



Psychosocial

Let your doctor know if you're experiencing financial need, having problems related to daily living, work or school, or if you are feeling unsafe; request referral to social services or support programs



Endocrine

Request a screening blood test for diabetes once a year and other endocrine-related blood tests



Thinking & Behavior

DM is also a brain disorder - let your doctor know if you are experiencing any issues with or changes in mood, thinking, attention, memory, planning and organizing, motivation, resolving problems, or fatigue

It is OK to ask questions...

Neurology

Cardiology

Pulmonology

Gastroenterology

Specialist

Specialist

Other

Other

