

Patient information from BMJ

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Rheumatoid arthritis: questions to ask your doctor

If you've been diagnosed with rheumatoid arthritis, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.

- How do you know I have rheumatoid arthritis?
- What treatments can help with my pain and other symptoms?
- Is my rheumatoid arthritis going to get worse?
- What can I do to stop it from getting worse?
- Does rheumatoid arthritis run in families? Do my children have a raised chance of getting it?
- Do I need to start treatment to help stop my joints wearing down?
- What are the side effects of the treatments you recommend?
- Is there anything I can do to help myself, such as exercising or changing what I eat?

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