

Patient information from BMJ

Last published: Sep 14, 2022

Parkinson disease: questions to ask your doctor

Being diagnosed with a serious illness like Parkinson often comes as a shock. You may find it hard to think of everything you want to ask your doctor.

It might help to make a list of questions before your appointment. You could also take notes during your visit, or bring a close friend or relative with you to ask questions and jot down information.

Here are some questions you may want to ask.

- Do I definitely have Parkinson? Or could my symptoms be caused by something else?
- I'd like to see a specialist. Can you recommend a doctor who specializes in Parkinson?
- Will my symptoms get worse?
- What drugs can I take to improve my symptoms?
- Do the drugs have side effects?
- What can I do to reduce the side effects of the drugs?
- How will the drugs work as time goes on?
- Could surgery help me?
- What are the risks of surgery?
- Could physical therapy help me?
- Could occupational therapy help me?
- Could speech therapy help me?
- Do other people in my family have an increased chance of getting Parkinson?
- Can you recommend any online or local support groups?

Parkinson disease: questions to ask your doctor

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at bestpractice.bmj.com. This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: bmj.com/company/legal-information. BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2024. All rights reserved.

What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.



BMJ Group