

# Patient information from BMJ

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## Parkinson's disease: questions to ask your doctor

**Being diagnosed with a serious illness like Parkinson's 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.

- Have I definitely got Parkinson's? Or could my symptoms be caused by something else?
- I'd like to see a specialist. Can you recommend a doctor who specialises in Parkinson's?
- 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 physiotherapy 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's?
- Can you recommend any online or local support groups?

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