



## DISCUSSION GUIDE

# NEUROMYELITIS OPTICA SPECTRUM DISORDER (NMOSD)

Being your own advocate may help you get the treatment you need. Use this guide to help talk to your healthcare provider about your anti-aquaporin-4 (AQP4) antibody-positive NMOSD and your options.

*Before your appointment, fill in this form or be prepared to talk about the following items.*

## TELL YOUR HEALTHCARE PROVIDER

### In the last 24 months:

How many relapses have you had? \_\_\_\_\_

Have you been hospitalized for your relapses? If yes, how many times? \_\_\_\_\_

Have you seen any other healthcare providers about your NMOSD symptoms? \_\_\_\_\_

### I would rate the following NMOSD symptoms:

NONE  SEVERE

Difficulty getting around ..... 1 ..... 2 ..... 3 ..... 4 ..... 5

Blurred vision or vision loss ..... 1 ..... 2 ..... 3 ..... 4 ..... 5

Other symptoms I've had are \_\_\_\_\_

### Treatment history

Which treatment(s) have you tried? \_\_\_\_\_

Which NMOSD treatment(s) are you currently taking? \_\_\_\_\_

Have you relapsed while taking your current treatment(s)? \_\_\_\_\_

### NMOSD impact

Over the past 12 months, in what other ways has NMOSD affected you (such as needing assistance from family/friends, canceling events, etc)? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## ASK YOUR HEALTHCARE PROVIDER

*During your appointment, consider asking the following questions, or write your own.*

What is the antibody status of my NMOSD? \_\_\_\_\_

What are my treatment options? \_\_\_\_\_

\_\_\_\_\_

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