

Is your AS under control?



Visit www.ThisASLife.com
for helpful information on
ankylosing spondylitis (AS).



This AS Life

AS and the Office Visit: Taking the Time to Talk

Not everyone finds it easy discussing things with their healthcare provider. But for people with AS, it's important that you share between-visit experiences with your healthcare team.

Answer these questions, and then use your answers as starting points for a conversation with your rheumatologist. We hope you find them helpful!



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1 Am I comfortable with my current treatment approach? YES NO N/A

2 Am I sleeping through the night? YES NO N/A

3 Do I/Can I move less stiffly? YES NO N/A

4 Can I get out more often for leisure activities? YES NO N/A

5 Does my back hurt less than before? YES NO N/A

6 Are my self-care and errands easier to manage? YES NO N/A

7 Has my use of pain medication been reduced? YES NO N/A

If you answered no to any of these questions, share your answers with your rheumatologist. He or she may have ways to help you feel better.

**Remember, your healthcare team
wants to help you. So be sure to
discuss your concerns and questions
with your rheumatologist.**

**Additional advice for those affected
by AS is available at:**

ThisASLife.com

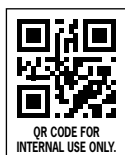


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**ADVICE FROM PEOPLE IN THE KNOW,
INSPIRED BY YOU**



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