Is your AS under control?

Visit www.ThisASLife.com for helpful information on ankylosing spondylitis (AS).
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!
Am I comfortable with my current treatment approach?

Am I sleeping through the night?

Do I/Can I move less stiffly?

Can I get out more often for leisure activities?

Does my back hurt less than before?

Are my self-care and errands easier to manage?

Has my use of pain medication been reduced?

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