

PREPARING FOR YOUR APPOINTMENT WITH DR. DAVID MANDEL

THE TO DO LIST :

- WRITE OUT A SHORT DIARY OF YOUR ARTHRITIS SYMPTOMS.
- LIST WHICH JOINTS ARE MOST BOTHERSOME; ANY REDNESS OR WARMTH
- HOW LONG HAVE YOU HAD MUSCLE OR JOINT PAIN
- WHAT FACTORS MAKE THE PAIN BETTER, WORSE; IE WEATHER, ACTIVITY.
- WHAT ACTIVITIES IN YOUR DAILY LIVING AND AT WORK HAVE BEEN AFFECTED.
- MEDICATIONS THAT YOU HAVE TAKEN; THAT HELPED OR HAVE NOT BEEN USEFULL.
- LET OUR STAFF KNOW WHERE YOU HAD ANY RECENT LABS, XRAY'S, MRI'S OR DEXA.
- TELL US ABOUT ANY OTHER PERTINENT INFORMATION YOU WISH TO INCLUDE.

MEDICAL PROBLEMS:

- WHAT OTHER MEDICAL PROBLEMS HAVE YOU HAD INCLUDING SURGERIES.
- FAMILY HISTORY
- WHAT QUESTIONS AND EXPECTATIONS DO YOU HAVE?
- PLEASE WRITE THEM DOWN

DURING YOUR EXAMINATION:

- DR .MANDEL WILL CAREFULLY EXAMINE YOUR MUSCLES AND JOINTS. RANGE OF MOTION AS WELL AS AREA OF WARMTH, REDNESS, AND SWELLING WILL BE RECORDED.
- WE WILL OFTEN ORDER LAB TESTS, XRAY'S OR MRI STUDIES TO BETTER DIAGNOSE AND STAGE THE SEVERITY OF YOUR ARTHRITIS.
- BASED ON THESE RESULTS, WE WILL RECOMMEND AND PRESCRIBE YOUR TREATMENT. THIS MIGHT INCLUDE MEDICATIONS AND PHYSICAL OR HAND THERAPY.
- WE ARE HERE TO HELP OUR PATIENTS AND INVITE PATIENTS TO ASK QUESTIONS ABOUT THEIR CARE .
- WE HOPE THIS BRIEF SURVEY WILL PREPARE AND ENABLE YOUR VISIT TO BE VERY MEANINGFUL .

GOOD HEALTH TO YOU.

DAVID R. MANDEL ,M.D.