



WESTERN NEUROPATHY ASSOCIATION

P.O. Box 4740, Auburn, CA 95604 • (888) 556-3356 • info@pnhelp.org • www.pnhelp.org

Prepare For Your Visits With Your Healthcare Team Katherine Stenzel, WNA Editor

- You probably will not have time to discuss everything on your mind – determine those most important to you.
 - Write down those goals for the visit on a piece of paper.
 - Discuss those goals in a calm and informed manner to avoid frustrations.
 - Have a pen or pencil to make your notes during the visit
 - Remember that multiple visits and unsuccessful treatments don't mean you are wrong in getting help – it means that you are still searching.
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