

PREPARE FOR YOUR PRIMARY CARE PROVIDER APPOINTMENT



SYMPTOMS AND CHANGES

NOTE ANY NEW OR CHANGING SYMPTOMS SINCE YOUR LAST VISIT AND HOW THEY'RE AFFECTING DAILY LIFE.

- HEADACHES FREQUENCY, SEVERITY, CHANGES
- SEIZURES OR MEDICATION SIDE EFFECTS
- FATIGUE, DIZZINESS, OR OTHER CONCERNS
- MOOD CHANGES, ANXIETY, OR DEPRESSION
- NEW NEUROLOGICAL SYMPTOMS (WEAKNESS, BALANCE, VISION, ETC.)

NOTES: _____

MEDICATION & GENERAL HEALTH

YOUR PRIMARY CARE PROVIDER CAN HELP MANAGE OVERALL WELLNESS WHILE COORDINATING WITH YOUR CCM SPECIALISTS:

SPECIALISTS:

- BLOOD PRESSURE MANAGEMENT
- CHOLESTEROL MANAGEMENT
- VITAMIN D LEVEL AND SUPPLEMENTATION
- SLEEP AND STRESS MANAGEMENT
- EXERCISE AND DIET RECOMMENDATIONS
- USE OF MEDICATIONS THAT MAY AFFECT BLEEDING RISK

NOTES: _____

WOMEN'S HEALTH

SOME HORMONAL MEDICATIONS AND LIFE STAGES MAY AFFECT CCM RISK. CONSIDER DISCUSSING:

- BIRTH CONTROL OR HORMONE THERAPY OPTIONS
- PERIMENOPAUSE AND MENOPAUSE SYMPTOM MANAGEMENT
- PREGNANCY PLANNING AND COORDINATION WITH YOUR NEUROLOGIST

NOTES: _____

REFERRALS & CARE TEAM

YOU AND YOUR PCP CAN DECIDE TOGETHER IF YOU NEED ADDITIONAL SPECIALISTS OR SUPPORTS.

- NEUROLOGY / NEUROSURGERY
- CCM CENTER OF EXCELLENCE OR CLINICAL CENTER
- GENETIC TESTING OR COUNSELING
- PHYSICAL, OCCUPATIONAL, OR SPEECH THERAPY
- MENTAL HEALTH SUPPORT

NOTES: _____

YOUR CARE PLAN

WORK WITH YOUR PCP AND OTHER MEMBERS OF YOUR CARE TEAM TO DEVELOP A PLAN FOR:

- WHAT TO DO IF YOU HAVE NEW OR WORSENING SYMPTOMS (E.G., SEVERE HEADACHE OR SEIZURE)
- WHEN TO CONTACT YOUR NEUROLOGY TEAM
- HOW OFTEN TO FOLLOW UP FOR BOTH CCM CONCERNS AND OTHER HEALTH ISSUES.

NOTES: _____

