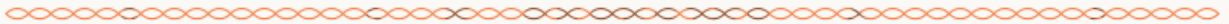




Questions to Ask Your Neurologist



A simple guide to help you talk about fatigue, walking challenges, balance changes, and other symptoms during your appointment.

So you leave your appointment feeling clearer and more confident.

Why Preparing Questions Helps

When you're dealing with fatigue, walking changes, or new symptoms, neurologist appointments can feel overwhelming. Many people leave the appointment realizing they forgot to ask important questions.

Preparing ahead of time helps you:

- describe your symptoms more clearly
- understand your options better
- feel more confident during the conversation
- leave the appointment with clearer next steps

Bring this guide with you and check off the questions that matter most to you.

Questions You May Want to Ask

Section 1 — Understanding Your Symptoms

- What might be causing the symptoms I'm experiencing?
- Are there patterns in fatigue or mobility changes I should track?
- What signs should I pay attention to moving forward?

Section 2 — Fatigue & Energy

- Why might my fatigue feel so intense or unpredictable?
- Are there strategies that may help me manage energy during the day?
- Are there things that could be worsening my fatigue?

Questions You May Want to Ask

Section 3 — Walking & Mobility

- What may be contributing to my walking or balance difficulties?
- Are there therapies or exercises that could support my mobility?
- Should I consider working with a movement specialist?

Section 4 — Moving Forward

- What should I monitor between now and my next appointment?
- When should I schedule a follow-up?
- What small steps could help support my daily function?