

## WHAT TO BRING WITH YOU

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BEFORE YOUR APPOINTMENT, TAKE A FEW MINUTES TO GATHER THESE:

- A short list of your main symptoms  
(Example: "Burning in both feet at night," or "Numbness when walking")
  - A list of your medications and supplements
  - Any questions you want to remember to ask
  - Your blood sugar log, if you track it
  - A friend or family member, if you want someone to listen or take notes
  - A photo of any changes in your feet (redness, swelling, sores)
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## SMART QUESTIONS TO ASK YOUR DOCTOR

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Use this list as a guide. You don't have to ask every question—just pick the ones that matter most to you right now.

- What type of neuropathy do I have?
- What's causing it—and is it getting worse?
- Can any of my medications make it worse?
- Should I be tested for vitamin deficiencies (like B12, B1, or magnesium)?
- Are there any signs of poor circulation in my feet?
- What treatments or therapies do you recommend?
- Are there options I haven't tried yet?
- Do you think supplements like alpha-lipoic acid (ALA) or omega-3s could help?
- Should I see a specialist—like a neurologist, endocrinologist, or podiatrist?
- What should I be doing at home to support my nerves?