

A GUIDE FOR A PRODUCTIVE DISCUSSION ABOUT NTM



GET READY FOR YOUR NEXT VISIT

If you think you could have nontuberculous mycobacterial (NTM) lung disease, there's something you can do. Use this guide to record the symptoms you've been having, your medical history, and any questions you have. Then share your answers with your doctor at your next appointment so you can get the most from your doctor visit.

I currently have, or have experienced in the past, one or more of these lung conditions *(check all that apply)*

- BRONCHIECTASIS COPD ASTHMA CHRONIC PNEUMONIA CHRONIC BRONCHITIS
 OTHER _____

I am currently taking, or have taken, medication for my lung condition YES NO

If yes, what medicine are you taking? _____

Over the last few months, I have been prescribed and have taken medication for my symptoms

- YES NO

If yes, did symptoms come back? YES NO

I have been experiencing symptoms *(check all that apply)*

- COUGH THAT WON'T GO AWAY TROUBLE BREATHING FEELING TIRED OFTEN
 LOSING WEIGHT FEVER OTHER _____

I've noticed my symptoms have not gone away or have been getting worse for

- A FEW WEEKS A MONTH SEVERAL MONTHS A YEAR MORE THAN A YEAR

How have your symptoms impacted your day-to-day activities? *For example: trouble sleeping, missing out on or changing plans with friends, unable to do activities you once did, missing work.*

Is there anything else you think your doctor should know? *For example: can't fall asleep or stay asleep, noticeable coughing in public, coughing up mucus, being hospitalized for lung problems, feeling out of breath, not having an appetite or losing weight.*

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TALK TO YOUR DOCTOR TO GET THE ANSWERS YOU NEED



GETTING THE MOST FROM YOUR DOCTOR VISIT STARTS WITH ASKING IMPORTANT QUESTIONS

Below are a few things you may want to ask your doctor.

- ? Does my current lung condition put me at a **higher risk** for other lung diseases, like NTM?
- ? Do you think my **symptoms** could be caused by something other than my current lung condition?
- ? I heard about a lung disease called **NTM**. What can you tell me about it?
- ? Do you think **NTM** could be the reason my symptoms haven't gotten any better?
- ? Is there a **test** I can take to find out if I have NTM lung disease?
- ? I think I could have NTM lung disease. Do you recommend **I see a specialist** to get tested?

These are sample questions to help get the conversation started. It is not, nor is it intended to be, a medical evaluation, examination, advice, consultation, diagnosis, or treatment. Always consult your doctor for all medical and health-related matters.