Navigating NMOSD starts with knowledge

Having neuromyelitis optica spectrum disorder (NMOSD) is out of your control, but finding the answers that you or your caregiver needs to help manage it is not. This discussion guide is designed to help you have an open and honest talk with your healthcare provider so that you can get the best care possible.





BEFORE YOU GO

Come prepared with questions

It's natural to have a lot of questions and concerns about NMOSD. Think about what you want to discuss, and jot down some questions before your visit. These will help you remember what you want to cover when you meet with your healthcare provider.

Bring a family member or friend

Having someone go with you to your visit can be comforting. It also means that you will have an extra pair of ears to hear what your healthcare provider has to say.

Take plenty of notes and get materials from your healthcare provider

There can be a lot of medical information to take in, so writing things down will help you remember the important details later. Don't be afraid to ask for more explanation if you hear unfamiliar medical terms. If you have difficulty taking notes, your healthcare provider may have more materials to give to you.



TALK ABOUT YOUR SYMPTOMS

It's important that you be open with your healthcare provider about how NMOSD is affecting you. Be clear about what symptoms you may be having, when they began, how long they've lasted, and if they are getting worse.

Check which symptoms below apply to you. Remember, not everyone experiences all of the symptoms of NMOSD:

Blurry vision	Persistent nausea
Partial/complete blindness	Uncontrollable vomiting
Weakness and/or paralysis in my legs or arms	Persistent hiccups
Painful spasms	Bladder and/or bowel dysfunction
Numbness and/or loss of sensation throughout	Sleep problems
my body	Other:



Lowering the chance of having a relapse is likely your #1 goal—and your healthcare provider's. But it's important to talk about any other goals that you may have for living with NMOSD.

Check which o	goals below a	oply to	you, and then share them with	vour healthcare	provider:
CHECK WILICH	Jours Delow a	ppiy to	you, and their share their with	your nearthcare	provider.

Lowering my chance of having a relapse
Finding a treatment that minimizes the impact on my immune system
Improving my symptoms
Being able to function at work and/or at home
Finding a dosing schedule that won't disrupt my life too much
Minimizing side effects that impact my day-to-day life
Other goal(s):



TALK ABOUT HOW YOU CAN BEST MANAGE NMOSD

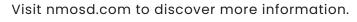
NMOSD is a chronic disease that causes relapses, which can put you at risk for increased disability. Speak with your healthcare provider right away about a long-term treatment plan. If you are being treated for NMOSD and have new and/or worsening symptoms, your disease may not be fully under control. Or, if your disease is under control, perhaps you are experiencing chronic infections or other side effects from your treatment. Don't be afraid to speak up and ask questions.

Your healthcare provider can talk to you about all of your options to best manage NMOSD in the long run and to prevent further disability. Here are some questions to get the treatment conversation started:

Conversation starters

- What's my risk of a relapse?
- How can I help reduce my risk of a relapse?
- · How do I know if my treatment is working?
- What's causing the damage in my body, and can I stop it?
- What are some options for treating NMOSD?

Interested in learning more about an important cause of damage in NMOSD?





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