



10 Questions to Ask First

Below you will find my favorite questions that I ask providers before I choose to work with them on-going along with some additional notes to support the question. Select the ones that are right for you, do your research and be ready to advocate for yourself.

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Would eliminating certain foods improve my overall health?

Here at Autoimmune Sisters, we absolutely believe and know that by removing inflammatory foods, your overall health will improve. Common inflammatory foods include: gluten, dairy and refined sugar. Secondary inflammatory foods include: eggs, grains, legumes, nightshades.

Are you willing to request full blood draw panels?

Have a list what labs you need for your autoimmune disease and any underlying viruses. Be sure to request full panels to give you a broader understanding of your health. For example, I have Hashimoto's and some doctors try to only check my TSH. Instead, I request the entire THYROID PANEL: TSH, Free T4, Free T3, TPO, TG.

In addition, request either an ANA (Anti-Nuclear Antibody) or CRP (C-Reactive Protein) to determine your level of antibodies.

Are you opposed to setting me up with a 6 week repeating lab order? We can schedule appointments, as needed.

It's common for doctors to adjust medication levels and have you return in 6 months. This is not reasonable for tracking major changes in your health. I have found that 6 week follow ups of blood labs and appointments help me to know quickly if I'm improving or not.

How do I request a copy of my blood lab results?

Some doctors don't like to release your lab results, but they belong to you! Be firm on this question and ensure you will receive a copy of all lab results. I use Quest Labs and have a MyQuest account. I can schedule my blood draw appointment, request my doctor to release my lab results and check my labs once posted to my account. In addition, Quest Labs also tracks changes over time between lab orders.

What is your experience treating patients with autoimmune disease?

This gives the provider a chance to prove they understand autoimmune disease while also providing insight on their knowledge of treatments, therapies, etc.

How do you feel about me using holistic or non-Western treatments?

This could include working with a functional doctor, naturopath, infrared sauna treatments, massage therapy, homeopathic remedies, etc.

Do you believe it is possible to reach remission with my disease?

Having a provider believe there is hope for remission is powerful... while understanding that the day-to-day work is on you to find remission. Asking this question means you are ready to give up, remove, add and work diligently to reach remission with the help of your provider.

How long should I expect a typical visit to last?

If less than 10 minutes... RUN AWAY! A first appointment should be no less than 30-45 minutes and subsequent visits could be anywhere from 15-45 minutes depending on what topics need to be discussed. Some of my favorite providers spend up to 60 minutes with me. This helps me know that they are truly dedicated to understanding my health and helping me reach remission.

What if care is needed on a short notice or after hours?

It's important to know what care you can expect in the event of an emergency. Do they make house visits? Do they have an after hours emergency number? You just never know when you may need this and it's better to know in advance.

If I come across other methods of healing, are you open to discussing them with me?

Some providers may seem offended when you appear to know more or present new ideas they are not familiar with. Find a provider that is willing to learn from you and try new ways to heal your body.