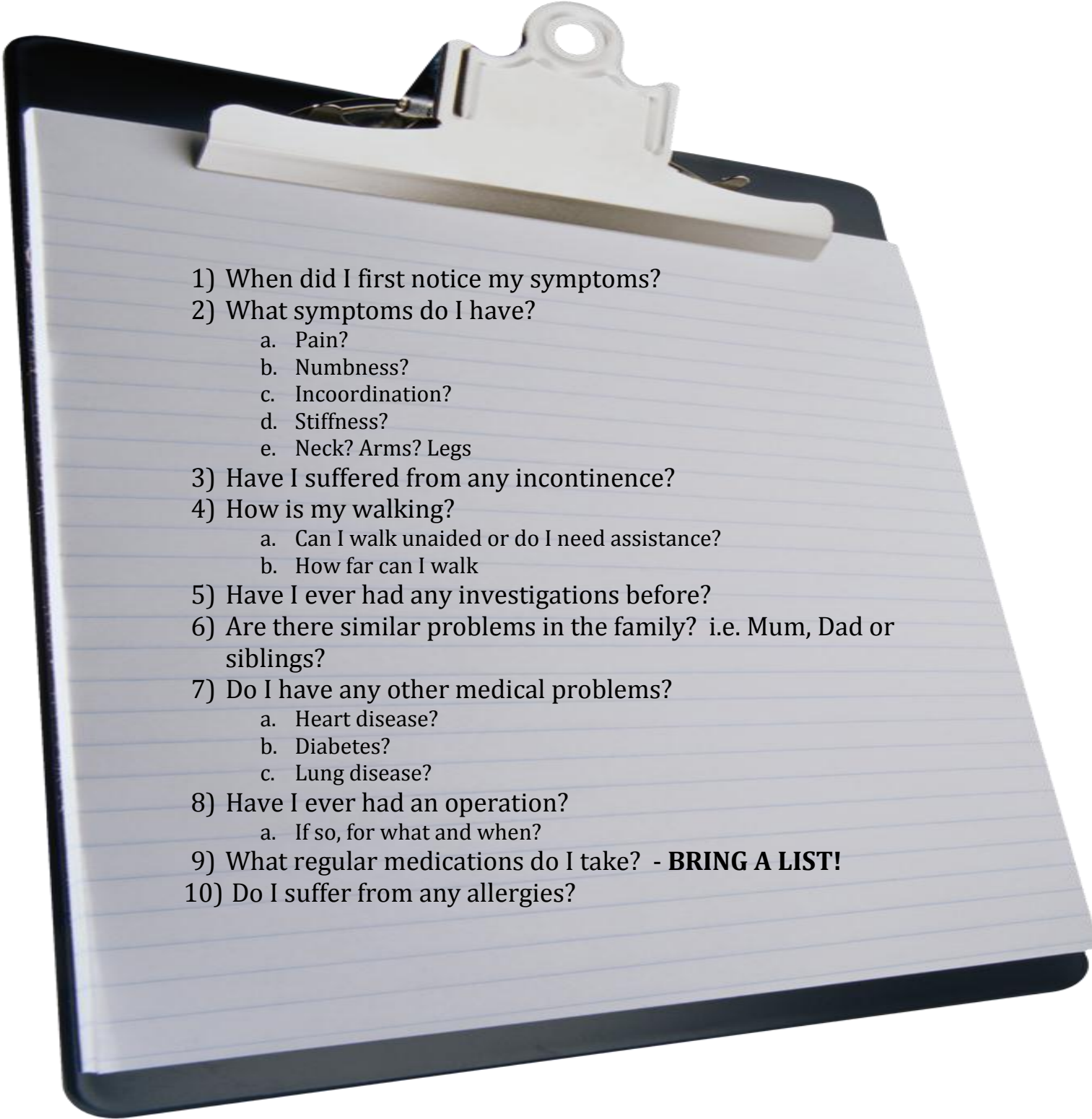


## **Cervical Spondylotic Myelopathy: Questions to have prepared for my doctor!**

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- 1) When did I first notice my symptoms?
  - 2) What symptoms do I have?
    - a. Pain?
    - b. Numbness?
    - c. Incoordination?
    - d. Stiffness?
    - e. Neck? Arms? Legs
  - 3) Have I suffered from any incontinence?
  - 4) How is my walking?
    - a. Can I walk unaided or do I need assistance?
    - b. How far can I walk
  - 5) Have I ever had any investigations before?
  - 6) Are there similar problems in the family? i.e. Mum, Dad or siblings?
  - 7) Do I have any other medical problems?
    - a. Heart disease?
    - b. Diabetes?
    - c. Lung disease?
  - 8) Have I ever had an operation?
    - a. If so, for what and when?
  - 9) What regular medications do I take? - **BRING A LIST!**
  - 10) Do I suffer from any allergies?