



North Bristol  
NHS Trust

Service:  
Rheumatology

# Preparing for your Rheumatology Clinic Appointment

Transition & Young Adult

Rheumatology Clinic: Young Adult

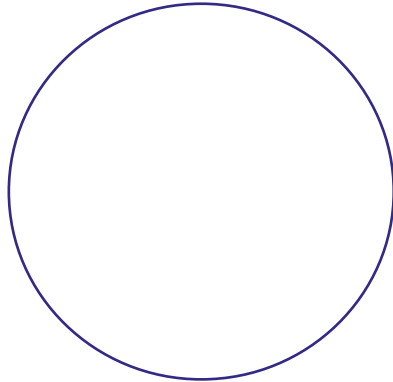


Exceptional healthcare, personally delivered

# Here are some things you can talk about in your appointment today

Choose the three most important issues to you. Add other concerns in the blank circles should you wish.

Managing at school, college, university or at work



Fatigue / extreme tiredness

What help and treatment will I get?

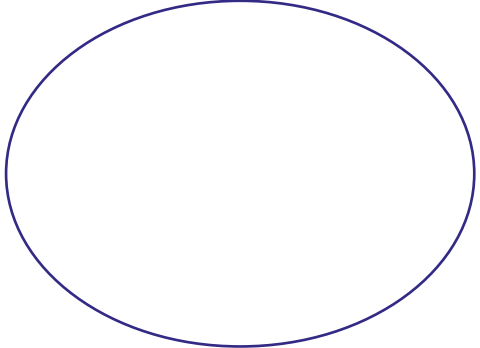
Will it affect me physically?

How will it affect my family?

What changes to my lifestyle might help?

Keeping active / exercise

My worries / how I'm feeling



Friendships / relationships

What questions would you like to ask at your clinic appointment?

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**PATIENT  
APPROVED** 

### How to contact us:

 **Rheumatology Department**  
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 **Rheumatology Clinical Advice Line:**  
0117 414 0600

 **Email:** [rheumatologyadvice@nbt.nhs.uk](mailto:rheumatologyadvice@nbt.nhs.uk)

 **www.nbt.nhs.uk/**

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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