

# Patient information from BMJ

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## Rheumatoid arthritis: questions to ask your doctor

**If you've been diagnosed with rheumatoid arthritis, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.**

- How do you know I have rheumatoid arthritis?
- What treatments can help with my pain and other symptoms?
- Is my rheumatoid arthritis going to get worse?
- What can I do to stop it getting worse?
- Does rheumatoid arthritis run in families? Do my children have a raised chance of getting it?
- Do I need to start treatment to help stop my joints wearing down?
- What are the side effects of the treatments you recommend?
- Is there anything I can do to help myself, such as exercising or changing what I eat?

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