

The Conversation: Questions to Ask Your Healthcare Team

Regular appointments with a healthcare team are critical to treatment. The questions below can help you get started.



Questions about the diagnosis

- What is causing hypoparathyroidism?
- What is happening in my body as a result of low parathyroid hormone levels?
- What are the most important things I need to know about this diagnosis?
- Are there additional tests that I need at this time? Are there any other providers or specialists I should make an appointment with?
- Can I have copies of my lab reports and test results?

Questions about treatment

- What treatment do you recommend at this time and why?
- How does this work to treat hypoparathyroidism?
- How do I take this treatment? Always have clear instructions on dosing and timing.
- What are the potential risks and side effects? What do I do if I experience a side effect?
- Is there anything I need to avoid while taking this treatment?
- How will we know if the treatment is working?
- What are my options if this treatment doesn't work?
- What tests or checkups will I need, and how often will I need them? What will these monitor? What can I expect when I come in for these appointments?
- Who can I contact if I have a question about my treatment?
- Do you recommend making changes to my diet or other lifestyle changes?

Questions about care coordination & support

- How will we coordinate care among different providers? What steps can we take to make sure all my healthcare providers are updated about my diagnosis and treatment?
- Who can I talk to if I have questions about insurance, concerns about treatment cost, or if I need additional support?
- Who can I talk to if hypoparathyroidism is causing anxiety, fatigue, brain fog, or other problems that are interfering with daily functioning?

Your appointment is an opportunity to learn more about your diagnosis. If you have a question, ask. If something isn't clear, ask for an explanation.