

Healthcare Visit Worksheet

Doctor visits can be stressful. However, you can take steps to prepare for the exam, which can help the appointment go smoothly.



DO

- Allow for easy inspection of the scalp. If wearing a wig, be sure you can easily remove it.
- Remove artificial nails or nail polish.
- Don't apply make-up to your brows or false eyelashes to your eyelids.
- Bring current insurance card.
- Note any family history of autoimmune disease.
- Bring photos of your hair loss progression (either printed or on your phone) if you've taken them.

TRACK

Symptoms and History

- What are your symptoms, and when did they first occur?
- Have you seen a healthcare provider about these symptoms before? If so, who and when?
- What was the severity of your hair loss at that time?
- Did the doctor order or perform any tests? If so, what were the results?
- Did the doctor prescribe treatment? If so, what was it, and what were the results?

Symptoms/Date

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Physician seen

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Tests / Results

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Treatment /

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Results

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List all medications

Name, dosage, frequency

Name, dosage, frequency

Name, dosage, frequency

Name, dosage, frequency

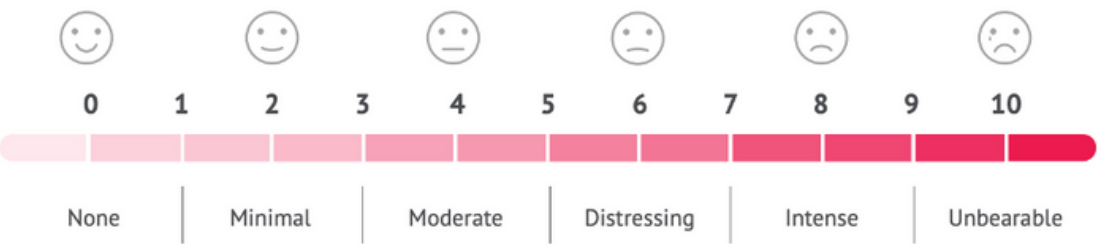
Name, dosage, frequency

Name, dosage, frequency



How does alopecia areata impact you?

What effect does alopecia areata have on your life?



Describe how your symptoms affect day-to-day living (work, school, home, activities, etc.)

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Notes:

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