

Diagnosis

You, or someone you know has been diagnosed with a progressive illness...now what?

Things to consider:

- Do you understand the illness you've been diagnosed with?
- Do you understand what the future may be like living with this illness?
- It is important to learn about your illness. Speaking with your healthcare provider can help you to better understand your illness. Consider creating an Advance Care Plan (ACP) if you have not already done so.

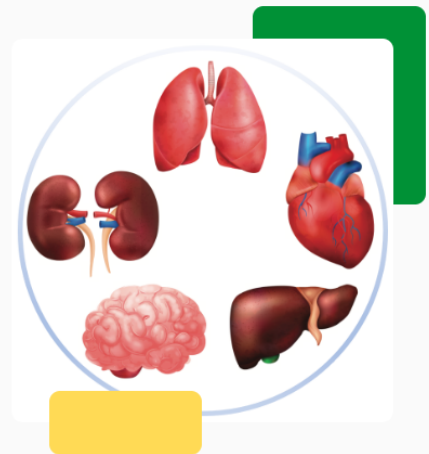
LEARN ABOUT YOUR HEALTH CONDITIONS

Think about any illnesses you may have. If you are living with a chronic or serious illness, ACP includes learning about this illness and what you might expect to happen in the future.

Some examples of chronic or serious illnesses include:

- Heart problems (heart failure, valve problems, peripheral vascular disease)
- Nervous system problems (stroke, Parkinson's, movement disorders, ALS)
- Cancers
- Dementia
- Kidney problems
- Liver problems

Learning more about your illness can help you and your SDM prepare for the future.



Questions to ask your health care provider:

- Will my illness get better or worse?
- How will my illness affect my life as it progresses?
- What impact will my illness have on other health conditions?
- What treatment options are available to me?
- What do my family/care-partner/friends need to know?

Tip: write down questions as you think about them so that you can ask your healthcare provider when you have an appointment.