

Michelle's Story

Coordinating the Team

Michelle: Whoever is the primary doctor treating you, whether it's your primary care doctor or your rheumatologist, make sure that everybody else sends them any lab work or tests or anything that they do. You want to have somebody who can coordinate it and look through and make sure that things aren't going to contradict each other...And make sure you get copies of all of your labs and tests. A lot of times, that can help prevent having to do the same test or blood work three or four times for different doctors...You'll probably spend a lot of time with your nurses. I've found that the nurses are especially good at keeping track and keeping everything organized and helping me with making sure what labs have been done, what I need to be doing. Actually, I think of my nurses more as the captain or co-captains with me of my team... because the first person I call when there's something wrong or something happens is her. And she's the one who always goes through everything and helps to coordinate it for me.

