

This video is not intended or implied to be a substitute for professional medical advice. Please consult your healthcare provider for advice that is right for you and your medical condition.

Question: What is the best way for me to collaborate overall with my doctor?

Oscar Soto, MD: Establishing a good working partnership with your doctor is important, and it's essential. Your doctor needs to listen to you, needs to acknowledge your symptoms, needs to educate you or to direct you to places where you can get more information about your disease, and you need to be able to feel comfortable with your doctor. That way you can tell all your symptoms and feelings to...your doctor...and eventually get to a relationship of trust and good communication.

The other important thing to remember is that people with lupus can get quite depressed and anxious at times, and they need to know about that. So there's no symptom that is not important. Everything that you are feeling, it's important to your healthcare providers, and they can help you through many of those symptoms, so you can feel better.