

Get ready for your next MAC lung disease appointment with your doctor

You're not only a patient—you're the advocate for your personal experience. Speaking up is important so you and your doctor can decide on the best next steps for treating your MAC (*Mycobacterium avium* complex) lung disease.

This guide can help you talk with your doctor about:



Your MAC lung disease experience



Any symptom changes you may have (like coughing more or feeling out of breath)



Creating a treatment plan that's right for you

Below are some questions to ask your doctor at your next appointment. Use the space after each to take notes.

1.

When should I let you know if I have any symptom changes, such as coughing more, feeling more tired, or more out of breath? How can I track my symptoms over time?

2.

It's getting harder to do my daily activities because of my symptoms. Does this mean my MAC lung disease is getting worse?

3.

Since my last appointment, my symptoms have (select one): ☐ Stayed the same ☐ Gotten worse
Are there any changes we can make to my treatment plan that would help me feel better?

4.

What lifestyle changes can I make, like nutrition and exercise, that can help me manage my MAC lung disease symptoms?

5. What are the treatment options for MAC lung disease?

6. If I'm doing airway clearance already, how will I know if I need to do more to treat my MAC lung disease?

7. If I start treatment, how will we be tracking my progress? What goals should we be working toward, and how long will I be on treatment?

8. How often should I schedule follow-up visits with you?

9. What can happen if we wait to treat my MAC lung disease?



MAC lung disease looks different for everyone, but you're not alone. Your doctor is there to partner with you every step of the way as you work toward your treatment goals.

Find more support and resources to help you through your journey at [GetMACResources.com](https://www.getmacresources.com)

These are sample questions to help get the conversation started between you and your doctor. This is not, nor is it intended to be, a medical evaluation, examination, advice, consultation, diagnosis, or treatment. Always consult your doctor for all medical and health-related matters.