Ankylosing Spondylitis: Questions for Your Doctor

1. How is ankylosing spondylitis different from regular back pain? How did I get it?

2. How will ankylosing spondylitis affect my spine or other parts of my body?

3. Why do I have arthritis when I am pretty young?

4. What medications may help ease my back pain or stiffness?

5. Will I need to have surgery to fix damaged or painful joints?

6. What kind of tests will I need to monitor my AS?

7. Should I eat or avoid certain foods to help me ease my joint pain?

8. Can you talk to me about posture?

9. Will exercises like walking, stretching, or strength training help or harm my joints? How often should I exercise?

10. Can alternative treatments like acupuncture, massage, or chiropractic help?

11. What is my long-term outlook?

Sources:
American College of Rheumatology: "Ankylosing Spondylitis."
National Institute of Arthritis and Musculoskeletal and Skin Diseases: "Questions and Answers About Ankylosing Spondylitis."
Spondylitis Association of America: "Ankylosing Spondylitis."

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