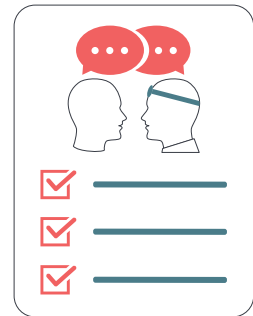


# HAVE YOU BEEN DIAGNOSED WITH NTM LUNG DISEASE?

## HELPING YOU PREPARE FOR YOUR NEXT DOCTOR APPOINTMENT

Below are some questions to help you have a productive conversation with your doctor about nontuberculous mycobacterial (NTM) lung disease:



- ? Does the species of NTM I have affect which treatment you recommend? (For example, *Mycobacterium avium* complex, or MAC)
- ? Will I be starting treatment right away? If not, will that impact my lung health?
- ? What are my treatment options for NTM lung disease?
- ? How often will you monitor my lungs?
- ? What types of medicine will I be taking?
- ? How long will I be taking medicine?
- ? How can I track my progress and how will I know if I'm getting better?
- ? How often will I need to schedule follow-up visits with you?
- ? Are there any side effects from the medicine I'll be taking?
- ? Do you have any tips on how I can manage any side effects?



### UPDATED 2020 NTM TREATMENT GUIDELINES\*

The NTM treatment guidelines were created by leading scientific communities to provide doctors with recommendations for the treatment of NTM lung disease. Speak to your doctor to learn more and find out if these guidelines could impact your treatment plan.

Find support and resources to help you through your journey at

[AboutNTM.com](https://www.aboutntm.com)

# YOU MAY ALSO HAVE QUESTIONS ABOUT WHAT YOU CAN DO TO HELP MANAGE YOUR NTM LUNG DISEASE:

? How can I reduce further exposure to NTM?

? Are there any types of food you recommend that would help support my lung health?

? Are there certain exercises or activities that could help improve my lung health?

? Are there any techniques you recommend to help clear my airways and better manage my breathing?

Use the section below to write down any notes or additional questions you may have.

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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.

**You are not alone.**

Find the information you need about living with NTM lung disease at

[AboutNTM.com](https://www.aboutntm.com)

\*Guidelines developed by ATS/ERS/ESCMID/IDSA.

ATS=American Thoracic Society; ERS=European Respiratory Society; ESCMID=European Society of Clinical Microbiology and Infectious Diseases; IDSA=Infectious Diseases Society of America.