



Solve M.E.

Solve M.E. Patient and Caregiver Resource Guide: Interviewing Your Potential Doctor

Your initial appointment with the physician you eventually choose should be treated like a job interview. Remember, you are the one doing the hiring! If it doesn't feel right at the initial appointment, thank them politely and leave. Go to the second, and third person on your list if necessary. Keep going until it feels right.

You are paying this professional to deal with a very frustrating and confusing disease. Be upfront about your own expectations and concerns. Write your interview questions down. Keep your list of interview questions as short as possible, without compromising your ability to make an informed decision.

Allow the doctor time to give thoughtful answers. Sort your most important questions to the top of the list, with the realization your session could be cut short by the physician being called to an emergency. And remember, you have every right to expect any physician to give your concerns their genuine consideration. Be picky, you are making a serious decision.

If you are finding it difficult to locate any doctor in your area that is familiar with ME/CFS, your best choice may be to work with a doctor who is actively curious about you first, and ME/CFS second.

If the doctor indicates they do not believe there is such an illness as Myalgic Encephalomyelitis/ Chronic Fatigue Syndrome, run, do not walk to the exit. Thank them for their time and leave. Go to the next name on your preferred physician list and repeat steps 1 through 5.

