KALE VINE

Specialist Question Banks

Never leave a specialist appointment wondering what you forgot to ask.

8 specialist types. 100+ curated questions. Fill-in-your-answer fields.

What's inside this PDF:

- Rheumatologist: questions for autoimmune and inflammatory conditions
- Neurologist: questions for chronic headaches, fatigue, and nerve symptoms
- Gastroenterologist: questions for gut issues and digestive disorders
- Cardiologist: questions for heart health and palpitations
- Endocrinologist: questions for hormonal and thyroid conditions
- Gynecologist: questions for hormonal, reproductive, and pelvic health
- Pain Management: questions about treatment options and goals
- Psychiatrist/Psychologist: questions for mental health support

PREVIEW — 5 PAGES

Full PDF ($12) at kalevine.com/shop

Rheumatologist

For autoimmune conditions, inflammatory arthritis, lupus, fibromyalgia, and related diagnoses.

1. Based on my symptoms and labs, what conditions are you considering?

DOCTOR'S ANSWER / YOUR NOTES

2. What additional tests would help confirm or rule out a diagnosis?

DOCTOR'S ANSWER / YOUR NOTES

3. If this is an autoimmune condition, what does long-term management usually look like?

DOCTOR'S ANSWER / YOUR NOTES

4. Are there lifestyle changes that could reduce flares or slow progression?

DOCTOR'S ANSWER / YOUR NOTES

5. What are the risks and benefits of the treatment you're recommending?

DOCTOR'S ANSWER / YOUR NOTES

Neurologist

For chronic headaches, brain fog, fatigue, nerve pain, seizures, and neurological symptoms.

1. What neurological condition does my symptom pattern suggest to you?

DOCTOR'S ANSWER / YOUR NOTES

2. Should I be getting an MRI, EEG, or other neurological workup?

DOCTOR'S ANSWER / YOUR NOTES

3. Could my symptoms be related to a nerve issue, central sensitization, or another mechanism?

DOCTOR'S ANSWER / YOUR NOTES

4. What is the difference between a migraine disorder and other headache types, and which do you suspect?

DOCTOR'S ANSWER / YOUR NOTES

5. Are there medications, supplements, or therapies that could help with brain fog?

DOCTOR'S ANSWER / YOUR NOTES

6. How will we know if treatment is working, and what should I track?

DOCTOR'S ANSWER / YOUR NOTES

More specialist banks in the full PDF:

GASTROENTEROLOGIST

? What could explain my [bloating/pain/nausea] patte...

? Should I get a colonoscopy, endoscopy, or motility...

? Could this be IBS, IBD, SIBO, or a motility disord...

ENDOCRINOLOGIST

? Are my thyroid levels optimal, or just "in range"?

? Could adrenal fatigue or cortisol dysregulation be...

? What does a full hormonal panel look like for my s...

CARDIOLOGIST

? Could my symptoms be POTS, dysautonomia, or struct...

? What does a tilt table test show and should I have...

GYNECOLOGIST

? Could endometriosis or PCOS explain my symptoms?

? What are my options beyond hormonal birth control?

100+ questions across 8 specialist types.

Space to write every answer. Bring it to every appointment.

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$12

Specialist Question Banks

Never leave a specialist appointment wondering what you forgot to ask.

- 8 specialist types covered
- 100+ curated, research-backed questions
- Answer fields for every single question
- Tips for what to track before your appointment
- Interactive fillable PDF. Download once, use forever.

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Made by someone who gets it.

Kale Vine is a nurse-turned-patient who has sat on both sides of the exam table. These questions are the ones she wishes she had from the beginning.

Questions? hello@kalevine.com