

How Should I Talk with My Prescriber About the Brain-Based Treatment?

A guide for parents of children with a DMDD diagnosis

This is one of the toughest parts of the journey as it is easy to offend your provider, have them dismiss the idea, convince you to stop questioning them, or just not listen at all. This is frustrating and one of the areas that we most want to address with Revolutionize DMDD -- to give parents and providers a pathway for successful conversations about a different approach. We would like to suggest the following guidelines.

Preparation before your appointment

- **Send the following medical documents to your doctor ahead of time that describes this treatment:** [DMDD Developing Treatment Strategies](#), [Scientific posters](#). Include a “heads up” note that you plan to discuss this approach at your upcoming appointment. They’ll likely find this information helpful to review prior to your appointment.
- **Do some preparation at home.** Ask and answer your own questions and determine for yourself why this treatment makes sense and is important to you. Your strength of conviction is critical for success.
- **Think through how you would like to initiate this conversation with your doctor during the appointment. Recommended talking points:**
 - “I have a concern I would like to discuss - I do not feel that our current treatment is achieving results. Can we talk about other options?”
 - “I have become aware of many families across the country with DMDD children who have found significant stability with a different medication approach. It involves looking at how DMDD affects the brain and treating it that way. I have some information I can share and would very much like for us to consider this. Would you take some time to look into it and let me know when we can discuss it further?”
- **Be prepared with medical information to share.** Hopefully, you sent the information to the doctor’s office a week or so before your appointment. It’s good to bring an extra copy with you just in case the file was lost, or the doctor didn’t read it yet or does not have it handy to reference
- **A note regarding patience & persistence.** You may have to have this conversation multiple times with your doctor, and possibly even with several doctors. Be patient and thoughtful and be ready to look for a more supportive physician if you feel your child’s best interest is not being served. Remember, you are the most important advocate for your child.

Remember - it is okay for your prescriber to be unfamiliar with and skeptical/wary/critical of using different medications to treat your child’s DMDD.