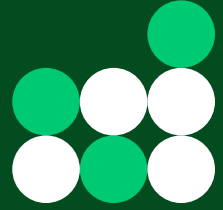


# Make the most of your appointment

## 10 things you should discuss with your doctor today

Whether you're seeing your regular doctor or a new doctor, in person or on-screen, preparing for your appointment can greatly improve your visit. Below are 10 things you need to discuss with your doctor to ensure they have all the information they need to make a proper diagnosis.



## Tell your doctor about...

### 1. The purpose for your visit

You likely made your doctor's appointment for a specific reason. During your appointment, it's easy to get off track in between the doctor's questions and vital checks. Open up the conversation with your doctor by stating the reason for your visit and what you expect to get out of the appointment.

### 2. All of the symptoms/aches you are experiencing

It is important to share all symptoms with your doctor so they can best identify what may be going on with your health. Be clear and descriptive when talking about your symptoms. Share how often the symptoms occur, if they have been occurring more often lately, how the symptoms make you feel, etc. The more you share, the more your doctor will have insight into your condition.

### 3. All of the medications and supplements you are currently taking

Different medications and supplements may not mix well with what your doctor has prescribed you and may have a negative effect on your health. This is why it's important to share with your doctor ALL of the medications and supplements that you are taking, including nonprescription medications and vitamins.

### 4. Your family history

Sharing your family's medical history (eg, grandparents who had a specific type of cancer, siblings who have high blood pressure or diabetes, etc) is key in helping your doctor gain insight into what may be occurring with your health. Be sure to mention any possible inherited family conditions.

### 5. Your mental health

Your mental health is just as important as your physical health and can have a significant impact on your overall well-being when left untreated. If you are feeling depressed, anxious or more stressed than usual, share this with your doctor so they can help you make the changes and provide you with the resources to help you feel better.

### 6. Your consumption habits

The foods and drinks that you regularly consume can play a big role in your overall health. Knowing your habits will help your doctor make the best recommendations for your health. It is important to share with your doctor details about what you consume including what foods you normally eat, what you drink and how often (water, alcohol, sugary drinks), if you smoke, etc.

### 7. Your sleep habits

Your sleeping habits are a great insight into your health. Share with your doctor if you are not sleeping regularly. This may be a sign of a bigger health issue that needs to be addressed.

### 8. Your daily routine

What you do in your daily life can have a big impact on your health. Share with your doctor what your diet looks like, what type of activities you do regularly, exercises you participate in, etc.

### 9. Whether you're following doctors orders

You may not want to admit to not following the medication schedule or lifestyle changes that your doctor recommended. However, not sharing if you have not been taking your medication or following a planned diet or exercise routine can be harmful to your health. Be honest about your medication and lifestyle habits; it will only help your doctor prescribe and recommend what is right for you!

### 10. Anything you didn't understand during your appointment

Asking questions is key to a good doctor's appointment. If you don't ask about things you don't understand, you won't be able to properly follow your doctor's recommendations. Ask questions and leave your visit empowered with a full understanding of what your doctor recommends.

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