



make the most of your doctor visits

HAVE YOU AND YOUR PRIMARY CARE PHYSICIAN HAD A GOOD TALK LATELY?

Think of your doctor as your partner in health. By building a relationship with your primary care physician (PCP) you allow them to provide the best possible health care. The more your doctor knows about you, your family history and your medical history, the better he/she will understand your overall health and be able to offer the best treatment advice and keep track of your screenings. **Use the following guide to help you make the most of your next doctor's visit.**

BEFORE YOU GO TO THE DOCTOR

<p>If you are seeing a doctor for the first time, bring your medical history.</p>	<p>Medical history should include:</p> <ul style="list-style-type: none"> • Illnesses or diseases you have had in the past, especially those you have been in the hospital for or received medication or treatment for. • Surgeries you have had. • Your family history of illnesses, especially your parents, sister and brothers. • The dates of any vaccines you have had, such as tetanus, pneumonia or flu shots.
<p>Make a list of questions you have.</p>	<p>Example: Am I due for any preventive screenings or vaccinations?</p>
<p>Write down any problems or symptoms you may have.</p>	<ul style="list-style-type: none"> • When did the symptoms start? How often do they happen? • When do the symptoms bother you most? (e.g., in the morning, after you have eaten something, after you exercise) • How bad are your symptoms?
<p>Prepare a list of your medications.</p>	<p>Include prescriptions, over-the-counter drugs, vitamins, antacids and herbal supplements.</p>

AT YOUR DOCTOR'S VISIT

<p>If your doctor thinks you need a medical test, be sure you know why.</p>	<p>Ask your doctor:</p> <ul style="list-style-type: none"> • What is this test for? • How is this test done? • Is there anything I need to do before I have the test done? (e.g., whether you can eat before) • When will I get the results?
<p>The doctor may tell you that you have a certain disease or condition.</p>	<p>Ask your doctor:</p> <ul style="list-style-type: none"> • What is the name of my disease or condition and how will it affect me – and my life? • What does the diagnosis mean? • Are there different ways to treat my condition? • What are the benefits and risks of my treatment options? • Will the problem go away with treatment or will I have this for the rest of my life?

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