

Talking to Your Doctor

Does your doctor know something you don't?

A doctor visit has two benefits:

- It gives your doctor a chance to ask questions about your health. This always happens.
- It gives **you** a chance to ask questions of your own. This may not happen enough.

The average office visit lasts about 15 minutes. If you don't ask about your health, the visit could be a wasted opportunity.

A few minutes of solid Q&A with your doctor can prevent some real problems. Don't be afraid to ask the tough questions.

10 questions to ask your doctor

1. What's my blood sugar level and what does it mean?
2. What's my blood pressure and how can I control it?
3. What do my cholesterol numbers mean?
4. Are my Body Mass Index (BMI), waist measurements and weight at healthy levels?
5. Can you recommend a check-up and screening schedule for my age?
6. Which exercise or diet options would be especially good for me?
7. If you recommend a test or treatment, what is it for and are there other options?
8. Knowing my family history and risk factors, how can I lower my disease risk?
9. Have any tips for reducing stress?
10. What are the interactions, side effects and dose schedule for this medication?

Sources:

"Ask the Doctor" checklist (WebMD): http://www.webmd.com/hw/health_guide_atoz/hw147461.asp

Talking to your doctor (National Institutes of Health):

<http://www.nei.nih.gov/health/talktodoc.asp>

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

