Make That Doctor’s Visit Count

How to get the most from your appointment

May 29, 2009 By Laura Whitehorn

BRING a list of all your questions, symptoms and medications (including vitamins and supplements).

1. TALK about how you want to handle health issues. If the doc says, “Stop smoking,” instead of thinking, “Yeah, sure,” ask for help creating a plan.
2. REPEAT any questions if you don’t understand the answer the first time.
3. OPEN up. You’re not there to impress the doc; you’re there to get help staying healthy. The more your doctor knows about what you eat, drink and do, the more successful your health plan will be.

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http://beta.docker.realhealthmag.com/article/doctors-visit-tips-16708-4102