



Talking with Health Care Providers

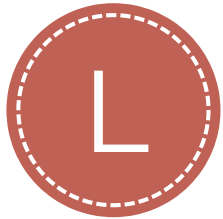


GIVE INFORMATION

Give your health care providers complete and detailed information and be honest, even if you have done some things that you were told not to do!

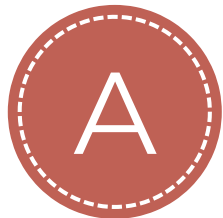
In order to do this, keep a medical diary. Include information about when you experience symptoms, how severe your symptoms are, how long they last, and what (if anything) helps. Ask your doctors what information they want so you can include it in your diary.

Also, health care professionals often only focus on your symptoms and medications so give them an understanding of how your condition is affecting your every day life.



LISTEN AND LEARN

You are also responsible for listening to and remembering what health care professionals tell you. Most people can only recall 2-3 things that the doctors tell them so take your medical diary to your visits and write down information you need to remember.



ASK

Ask questions about your health and keep asking until you understand.

Try writing down your questions beforehand and taking them with you to your appointment. Sometimes it's hard to understand what a doctor is telling you. They may use complicated words, talk too fast, or give you too much information at once. Also, they might not really answer the question you asked. They want you to have the information you need so let them know when you do not understand.

You could say...

- Please tell me more about that.
- Could you explain that to me again?
- Could you write that down for me?
- Is there something you can give me to read?



DECIDE

Play an active role in deciding what needs to be done next and who is going to do what. Don't agree to a plan that you are not willing and/or able to follow through with.



DO

Do your part in following the plan!