QUESTIONS TO ASK YOUR DOCTOR

ABOUT SYMPTOMS & DIAGNOSIS:

1. How long will my symptoms last?
2. Will my symptoms get worse? What symptoms should I watch out for?
3. How serious are these symptoms and will it affect my home/work life?
4. What is my diagnosis?

ABOUT TREATMENTS:

1. How many patients with my condition have you treated?
2. What are my treatment options?
3. Are there any side effects that I should look out for?
4. What would happen if I delay my treatment?
5. Does my child really need an antibiotic for this? Any natural remedies?

ABOUT TESTING:

1. What tests will be performed?
2. How accurate are the tests?
3. When will I know the test results?
4. Will I need more medical tests?

ABOUT CAUSES & RISK FACTORS:

1. What are some of the causes of my illness?
2. How does my family medical history affect my risk for certain conditions?
3. Can I still go about my daily activities, such as working out at the gym and going to work?
4. Am I at risk for something more serious?
ABOUT DIET & EXERCISE:
1. Does anything that I need to take get in the way of the nutrients I need?
2. How much exercise should I be getting a week?
3. Are there any dietary restrictions that I need to be aware of due to the medicine I'm taking?
4. Is my weight a healthy level for my height?

ABOUT COMPLICATIONS:
1. What are the potential complications of my disease or condition I should know about?
2. What are the potential complications of my treatment?

OTHER GENERAL QUESTIONS:
1. How concerned should I be?
2. What can I be doing with my lifestyle to improve my health?
3. What are next steps?
4. What health goals should I set?
5. Are there less expensive options for my medication?
6. What preventive care services are right for me?
7. Which internet resources can I trust for medical information?
8. How does sleep impact my health?
9. What do you do for your personal wellness?