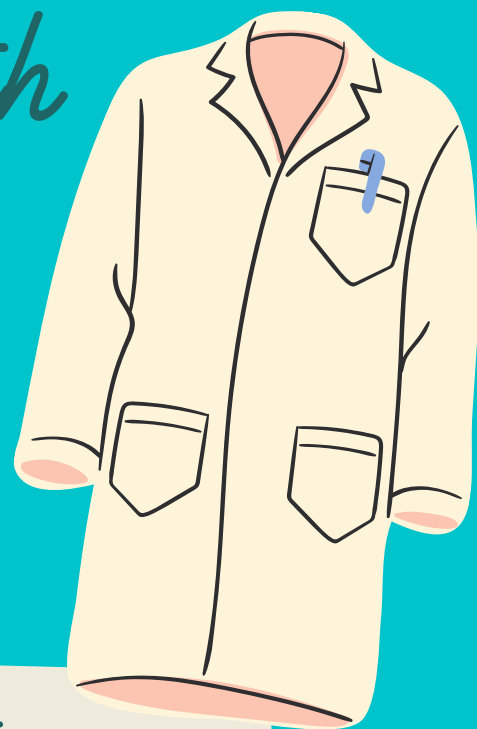


# 10 Things You Should Always Discuss with Your Doctor



Sometimes we overlook or disregard things that are happening in our bodies that can provide our doctors with valuable insights.

## New reactions or sensitivities

If you are having new allergic reactions or sensitivities (to food, personal hygiene products, detergents or anything else), be sure to mention them to your doctor. They may be indicators of a diagnosis or affect the medications your doctor prescribes.



## New pains or aches

Arthralgia (or “joint pain”) can indicate an adverse reaction to a specific drug or a drug interaction. If your doctor determines that to be the cause, they can switch you to alternative medication or change your dosage.



## Changes in sleep

If the pattern, duration, or quality of your sleep changes noticeably, make a note--your doctor will want to know.



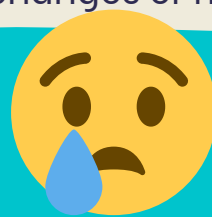
## Changes in appetite

Are you hungrier or not hungry at all? Do you feel better eating at certain times or is it worse when you eat certain types of foods? Have you gained or lost a significant amount of weight in a short period of time?



## Changes in mood

You might be stressing about everything....or you might not care about anything at all. Or maybe it's a constant tennis match between both extremes. Your loved ones may notice changes in your mood or personality before you do. This could be an indicator of hormonal changes or many other things.





## New exercise / difficulty exercising

Certain exercises are geared toward certain goals, others can work against areas that are already giving you trouble. Difficulty using your muscles or joints can sometimes point to other issues.



## Changes in diet

If your doctor knows you are giving up meat, she can keep an eye on your prealbumin test results or recommend an iron supplement. A calcium supplement will help promote bone health in a patient who stops eating dairy. The doctor will help maintain the balance you need.

## New supplements / vitamins / OTC

Even herbal supplements can interact with your prescriptions. It's worth having the conversation to avoid



## New stressors

A new job, relationship status, a significant loss, enrollment in school, or imminent relocation can be stressful. Whether the stress is good or bad, it can impact your sleep, digestion, mood, and can account for unusual physical responses in your body

## Recent ER visits

If you've been to the ER lately (or if you probably *should* have gone), your doctor needs to know so he can follow up and make sure there are no long-term concerns. The ER docs tend to focus on ruling out the major conditions related to the symptoms you are presenting, but they do not always make a formal diagnosis.



## Suggestions to consider:

1. Review this list before going to doctor appointments and be sure to bring up your concerns.
2. Keep a running list of questions for your doctor between appointments. Make use of online messaging, if provided.
3. Do not hesitate to contact your doctor if a new symptom persists or if you have a question..