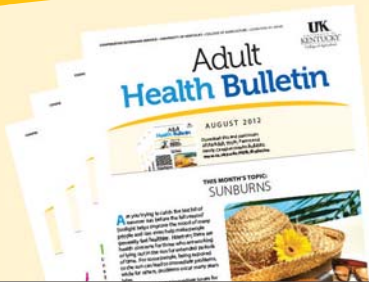


Adult Health Bulletin



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K-State Research & Extension
Atchison County Office
405 Main/PO Box 109
Effingham, KS 66023
913-833-5450

THIS MONTH'S TOPIC:

BEING INVOLVED IN YOUR HEALTH CARE

It is important to become actively involved in your health care. In fact, did you know that you are an important member of your health care team? If you are prepared and able to talk to your doctor, studies have shown that you will be happier with your care and have better health.

The tips below let you know what to do before, during and after your appointment, in order to get the best care possible.

Before your appointment

- Bring all of your medicines including prescriptions, over-the-counter medications, vitamins and dietary or herbal supplements.
- Write down your questions.
- Know your previous illnesses, past procedures and your current medical condition.

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Make sure to follow your doctor's instructions. Don't be afraid to call your doctor if you do not understand or have a question.

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During your appointment

- Be ready to talk to your doctor about your current symptoms, your previous health conditions and any problems you have had with medicines.
- Don't be afraid to ask questions. It is important to understand what the doctor is telling you.
- Make sure you understand your doctor's instructions and are able to follow them. If you are worried, tell your doctor.
- Ask your doctor to tell you about other options.
- If you are going to have a test done, ask how it will be done, how it will feel, how you need to prepare and how you will get the results.
- Ask for more information, such as websites, brochures or videos about how to follow the doctor's directions.
- Ask the doctor what you should do after the appointment in terms of your health.

Bring all your prescriptions, over-the-counter medications, vitamins and dietary or herbal supplements.



Remember that you are an important part of your health care team.

After your appointment

- Make sure to follow your doctor's instructions. Don't be afraid to call your doctor if you do not understand or have a question.
- Do not stop taking any medications without asking your doctor or pharmacist.
- Call your doctor if you start to feel worse or you have problems with instructions or medications.
- If instructed to have a test done or to see a specialist, make the appointment as soon as possible. Then follow up with your doctor about the results and what to do next.

Making sure you are prepared for your doctor's appointment can help you get the best possible care.

For more information, go to:

- [Ahrq.gov/questions](https://ahrq.gov/questions) to make a list of questions to take to appointments
- [Ahrq.gov/consumer](https://ahrq.gov/consumer) for information about staying healthy

SOURCE:

<https://healthcare.uchicago.edu/sites/healthcare.uchicago.edu/files/uploads/beinvolved.pdf>

Adult
Health Bulletin

Written by: Nicole Peritore
Contributions by: Haley Gresham
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com