

## Talking To Your Doctor

Taking an active role in your healthcare means asking questions and corroborating understandings. The National Institutes of Health suggests some questions to ask your doctor to get a discussion started:

### About your disease or disorder

- What is my diagnosis?
- What caused my condition?
- Can my condition be treated?
- Should I watch for particular symptoms and let you know if they occur?
- Should I make lifestyle changes?

### About the treatment

- What is the treatment for my condition
- When will treatment start, how long will it last
- What are the risks and side effects associated with this treatment
- Are there foods, drugs or activities I should avoid on this treatment
- If my treatment involves medication, what should I do if I miss a dose?
- Are other treatments available

### About your tests

- What kinds of tests will I have?
- What do you expect to find from these tests?
- When will you know the results?
- Do I have to do anything special to prepare for any of the tests?
- Does the test have side effects or risks?
- Will I need more tests later?