

## How To Prepare for Your Annual Doctor's Visit

Take about 15 to 30 minutes to prepare for your visit. Think about any changes in your health. Are you experiencing any problems? Is there family medical history you should share with your doctor? Share your concerns with your doctor. These are some symptoms you would need to share with your doctor.

- Unexplained headaches
- Chest pains
- Trouble breathing
- Unexplained tiredness
- Changes in bowel habits
- Blood in your stool or black stools
- Frequent, difficult, or uncontrolled urination
- Menstrual cycle changes
- Breast lump or discharge
- Frequent leg cramps
- Muscle weakness
- Changes in skin moles or development of new moles
- Recurrent rash or itching
- Blurred vision or other vision problems
- Feelings of sadness, hopelessness, or loss of interest in previously pleasurable activities for more than two years

It is important to let your doctor know about you personally to help identify any causes of any medical problems you are experiencing or that might put you at risk.

- Do members of your family (parent, sibling, relative) suffer from heart disease, diabetes, cancer, or some other illness?
- Do certain foods or medications cause you to break out in a rash, hives, or experience other allergic reactions?
- Are you a smoker or exposed to second-hand smoke?
- Are you using a prescription, over-the-counter medicine, or dietary supplement? If yes, then it is helpful to bring the bottles with you.
- If you drink, do you have questions or concerns about your use of alcohol?
- Have you traveled internationally to places where you might have been exposed to an illness?

