

Tips for Talking With Your Doctor

Changes to Discuss

Your doctor may want to know about changes in your health and life since your last visit. This chart can help you organize your thoughts. Not all the things on this list will apply to you. Make a copy of the blank list so you will always have a clean copy to use. Then take a minute to think about each of these possible topics. Try to jot down a date for when you first noticed a change and note any additional information that may be helpful for the doctor to know.

Topic	Date	Notes
Your diet, medication, and lifestyle		
Alcohol use		
Appetite changes		
Diet/nutrition		
Medicines		
Tobacco use		
Weight changes		
Your health		
Bone/joint pain or stiffness		
Bowel problems		
Chest pain		
Dizziness or lightheadedness		
Headaches		

Topic	Date	Notes
Hearing changes		
Hospitalizations or recent emergencies		
Shortness of breath		
Skin changes		
Urinary problems or feeling wet		
Vision changes		
Your thoughts and feelings		
Intimacy issues or changes in sexual activity		
Loneliness or feeling isolated		
Memory problems or trouble thinking		
Sadness or feeling down		
Everyday living		
Accidents, injuries, or falls		
Advance directives		
Daily activities		
Driving/transportation/mobility		
Exercise		
Living situation		
Sleep problems or changes in sleep patterns		