

QUESTIONS TO ASK YOUR DOCTOR AT YOUR NEXT VISIT

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IS MY WEIGHT WITHIN A HEALTHY RANGE?

An ideal weight for your particular body type can help lower your risk of developing conditions like diabetes, heart disease, and cancer. Knowing what a healthy weight is for yourself is key to maintaining overall health.

ARE THE MEDICATIONS I AM TAKING STILL RELEVANT?

Overtime our bodies change which means we may require different medications throughout our life. No one wants to waste money on medications they do not need. Having a discussion with your doctor about all of your prescribed medications, dosages, and any over-the-counter medications or supplements will ensure that you are taking the necessary medications for your health.

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CONSIDERING MY AGE AND GENDER, DO YOU RECOMMEND ANY ANNUAL SCREENINGS?

Many annual screenings for both men and women start when you reach a certain age and can begin sooner depending on health and family history. It is important to ask your doctor about age appropriate screenings such as cholesterol and blood pressure. Many of these age appropriate screenings may be covered in full by your health plan.

IS MY BLOOD PRESSURE IN A HEALTHY RANGE?

Elevated blood pressure can lead to cardiovascular disease, kidney disease, or stroke. A yearly check in with your doctor can determine if you require lifestyle changes or medication to get your blood pressure in a healthy range.

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“THIS IS EMBARRASSING TO ASK, BUT.....?”

Talking about issues you may feel uncomfortable discussing could be an unhealthy problem that may lead to greater health issues down the road. Whatever the issue, it is nothing your doctor hasn't already heard before. Putting those issues on the table for discussion will allow you to be in control of your health—so ask away!

IS THERE ANYTHING IN MY FAMILY HISTORY I SHOULD BE WORRIED ABOUT?

Discussing your family health history is a good place to start to look for clues that might put your health at risk. Make sure your family health history is up to date with your doctor, that way he/she can identify if you are at risk for developing certain diseases.

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