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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Communicating With Your Doctor – A Guide to Doing It Right**

**By Becky J. Sisk**

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Have you ever come home from a visit to your doctor wondering if you really understood your medical problem or how to take your medications? In the past, doctors were in charge of your care and you were to "follow orders." These days, patients and doctors have an equal responsibility for care. You have a right to information about your condition and treatment and the doctor has a right to an accurate accounting of your history and symptoms.

According to the National Institute on Aging, here is what you can do to communicate better with your doctor:

- \* Be completely honest about all of the medications you take, including over-the-counter medications and herbal preparations. If you have more than one doctor, be sure each knows about all of your medications and other treatments, since dangerous interactions among medications are possible.
- \* Also be honest about smoking and drinking. Doctors and nurses are accustomed to taking care of people who smoke or drink. They need to know if you have any habits that contribute to disease or interfere with treatment.
- \* Your doctor may question you about a topic that you consider embarrassing, such as sexuality, memory loss, incontinence, or problems with your spouse or children. These problems often have an influence on diseases or may be caused by taking certain medications. Your doctor needs to know about them to accurately diagnosis and treat your condition. Also remember

that the doctor and staff members are professional people who will protect your privacy.

\* Make a list of your symptoms, special concerns, medical history, and current medications and give the list to the doctor. Doing this at home before your appointment keeps you from leaving out details.

\* Provide the doctor with a brief, to-the-point description of your problem. What are your symptoms? How severe are they? When did they start? What brings them on? How long do they last and what relieves them?

\* If you are concerned about cooperating with the doctor's treatment, say so. Are you worried about the cost involved? Does the treatment conflict with your beliefs and values? Do the possible side effects of a medication bother you to the extent that you are unlikely to take it?

Here are suggestions to help you get the most accurate information and cooperation from the doctor:

\* Ask a friend or family member to come with you. Take notes during your visit, take a tape recorder to record the doctor's instructions, or insist on a written explanation.

\* You have the right to an explanation of your condition that you understand. Important questions to ask are: "What is wrong?" "What is the cause of my condition?" "What are pros and cons of treatment options?" "How do I know if I need to call you or come back to see you?"

\* If you do not understand the doctor's explanation, say so. If the doctor has gone on to the next patient, ask the nurse to provide an explanation for you or provide you with pamphlets about your condition.

\* Make sure you understand the action and side effects of any prescribed medication. Find out how often to take the pill, whether you can take it during a meal, and any other special instructions. If you get to the pharmacy to fill the prescription and realize that you still do not understand how to take it, ask the pharmacist for help. Pharmacists are expert at patient teaching, particularly about medications. If you get home and still do not understand what is wrong with you or how to

cooperate with treatment, call the doctor's office and talk to the doctor or nurse.

\* Ask the doctor for thorough explanations of the preparation for laboratory tests, x-rays, and other procedures. Results are more accurate, and the test does not need to be repeated, when you are appropriately prepared.

\* Get acquainted with your insurance plan and how to access care. Some doctors' offices are set up to help you with insurance matters, but not all. Bring your insurance card and any forms that may be necessary, and be prepared to make a co-payment, usually about \$10.00.

\* Remember that even the best doctor cannot cure everything. You must do your part, too, by following these tips and taking responsibility for your own health.

Becky Sisk, PhD, RN, is your Wizard at "Promoting Good Health for Seniors," <http://wz.com/health/PromotingGoodHealthforSeni.html> and webmaster, NurseScribe, <http://www.enursescribe.com/>.

## **Pregnancy Guide Selection Tips**

**By Mandy Robinson**

>From the moment you find out that you are pregnant, expecting mothers immediately begin to worry about planning for a successful pregnancy and in addition for their bundles of joy. Planning is perhaps the most important thing you can do during your pregnancy, so finding a quality guide is of the utmost importance to helping you organize for success. You may be issued with some kind of brochures from your doctor at your first medical check-up where your pregnancy is officially confirmed, or you may be given something by friends who have already had babies. Read through the guide you are given, and see if it matches your ideal pregnancy in your mind.

### **1. Pregnancy Guides In A Nutshell**

– Pregnancy follows a set pattern of development – What to expect with your body during each of the three trimesters – Hints on how to prepare for the actual birth of the baby – Diet advice – Exercise advice

### **2. Generic Pregnancy Guides**

For many women, a generic pregnancy guide is sufficient to give them the information they require. Of course, depending on your personality you may want to explore other books to see if they are better

suiting to you. For example, do you want a pregnancy guide that not only informs but also encourages you to use the book as a record of your pregnancy by having space for you to write in your weight at the various stages?

### 3. Teen Pregnancy

If you are a teen mother– to– be, or this is not your first child, then you may prefer a pregnancy guide that speaks to you and offers more specific advice. It could be that you prefer to know all the symptoms of the various complications of pregnancy so that you are prepared, or perhaps you prefer a book that doesn't give you nightmares.

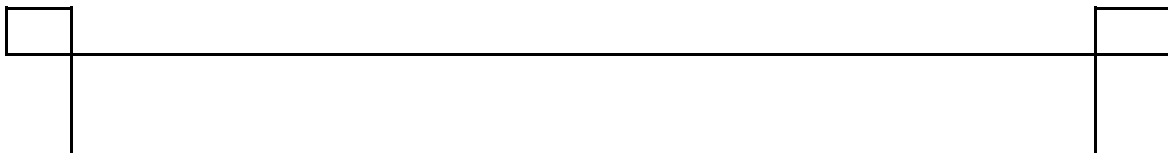
### 4. Diabetes Also, Other Conditions

For those with diabetes or other specific conditions, there are pregnancy guides that will apply specifically to you and can help you to plan on adjusting your dietary intake for your condition.

For more great pregnancy related articles and resources check out



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