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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!

How To Talk With Your Doctor And Get Results

By Cecelia Poole RN, BSN

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Read this article and you'll learn tips from a nurse who has worked in private practices, clinics, rural, and academic hospitals about how to get the most out of a doctor visit.

1. Appointment.

If something is seriously wrong, BE CLEAR! Tell them if you need to be seen sooner than offered—you'll probably be surprised, (if you have a real need). Still not satisfied? - Ask the scheduler to check with the nurse or doctor.

Arrive early: don't be late. (Inside scoop –never told to patients –it is not uncommon to schedule two patients at a time, the earliest gets seen first). Avoid backlog by opting for the first appointment of the day, or the first one after lunch.

2. Limit your chief complaint.

Try to limit your reason to be seen to one issue; tell the appointment scheduler if you intend to discuss issues requiring more time. Don't try to discuss family planning or a cholesterol treatment plan when they've scheduled a brief time for your chief complaint of a sore throat.

3. Be your own detective: identify what is amiss.

Be specific about what you perceive in your body and what evidence you have that something is wrong. Then, be prepared to state what, where, when, how long, what makes it worse, what makes it better, if you have had success treating it and what exact medicines you've taken.

For example, "For three weeks I've had a burning pain, right here (pointing to soft space between lower rib cage) especially after I drink coffee, and it is worse when I lie down. It feels better for a little while when I eat or take antacids, and an empty stomach makes it worse." There you just saved ten minutes of your allotted time and are more likely to receive satisfaction.

4. Answer questions mindfully.

Don't just agree because it is asked; physicians purposely throw in red herrings to gather information. "Does it hurt behind your eyeballs when you urinate?" a Harvard physician earnestly asks in such situations. If "yes," patient reports were usually considered suspect and "unreliable historian" was

documented in the chart. Be as clear and thoughtful as possible about your answers.

5. "What is the plan?"

Healthcare providers are trained to think ahead. A backup plan should exist for addressing the problem; it may be a follow-up visit with a more aggressive treatment (if the first approach doesn't work) or, a referral to a specialist. Simply put, expect a plan: if it doesn't exist, you are not getting good care.

That's a little inside scoop on how to have a successful visit to your healthcare provider.

Cecelia is a registered nurse with years of experience has worked in private practices, clinics, rural, and academic hospitals. She is a member of Sigma Theta Tau International Honor Society of Nursing.

Breast Augmentation: Considerations

By Sandy Baker

Many women would like to take advantage of breast augmentation in one way or another. Many do not like the shape or size of their breast. Others are looking to have them match better. Augmentation can work to help you in any of these situations. You will find that you can make some serious improvements in your body's look with these changes. But, what does it all mean to you? Should you be worried that something can go wrong, and how do you find someone to do the work?

Considerations in breast augmentation:

- First, get the consultation. Call your family doctor first and ask for a recommendation or you can look for those that are on your insurance plan. If you need additional help, interview and talk to several surgeons until you find one that fits your needs. You need experience, communication and also a good explanation what the results will be. You want someone that you trust and feel comfortable with.
- Get a few consultations. This is serious work that is going to cost you serious money! Make sure that what you want is what the doctor's are going to provide as well.
- Talk to them about your health and don't level things out. Also, find out what risks are involved in breast augmentation. What guarantee will they provide or they won't.
- Ask any and all questions that you may have. Having all of your questions and fears taken care of will allow you to feel better about what is going to happen.

You will also want to talk about the emotional side of this as well. While you want your body to look good is the question, if you are able to understand that people are going to treat you different and that if something should go wrong it may look worse, then you can keep moving on. Getting a bit of counseling to insure your ability to deal with these outcomes of breast augmentation is necessary.

For more information please see



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