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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!

Questions to Your Physician or Psychotherapist

By Dr. Martin Winkler

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According to ongoing research about the needs of patients with emotional problems misinformation or shame to speak about the problem with the doctor or psychotherapist is a major limitation to treatment success. However, transparency, good information and participation in the course of the therapy is the most important factor for a lasting positive result. Maybe the following list of the most relevant questions might help you to get good information about your personal somatic or psychological problems, diagnosis and treatment options. This list, however, might help you to be prepared for the right questions :

1. Is there a name (clinical diagnosis) for my problem?
2. What are typical symptoms (somatic and psychological)?
3. What are the causes of the problem or the disorder?
4. What is the typical experience of other patients with this kind of problem or disorder?
5. What could I do myself to achieve a solution?
6. What kind of further technical diagnosis is necessary to exclude other organic disorders?
7. What is the aim of these diagnosis? Are there any possible risks?
8. What kind of treatment options (drugs, psycho-social help, different psychotherapy-methods, biological treatment options) exist for my problem?
9. What kind of advantage can be achieved with the treatment (and how long does it take)?

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10. What is the goal of suggested clinical diagnostic process
11. What kind of different treatment options are available?
12. What will be realistic advantages of a positive therapy outcome?
13. Can the treatment offer me a reduction of my complaints?
14. How long will it take to achieve first positive results?
15. What might be the influence on my feelings or personality?
16. Are there any negative consequences for my sexuality?

17. Are there risks or possible side effects of the treatment?
18. Do you think my problems will reoccur? Is it a chronic disorder?
19. What kind of information is relevant for people, who care for me?
20. Is there anything I could do myself to accelerate my rehabilitation?
21. How do I get additional information?
22. Are there self-help groups for my problem?

This is a rather comprehensive list of questions and you must not expect to get a quick answer within a short time. But it might be a start to get the answers you need. Reading books and using the internet to find reliable information related to your personal problems is a great support for you and your doctor.

Dr. Martin Winkler is a German medical doctor and psychotherapist. He is medical coordinator of an EU-funded project called web4health.info, a multilingual question-answering webpage with more than 900 FAQs related to psychotherapy and mental wellbeing (to read more visit

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How To Get The Most Out Of Your Pregnancy Care

By Brittney Foster

When it comes to pregnancy, there are many women who make their first prenatal appointment as soon as they learn of their pregnancy. If you are one of those women, there is a good chance that you will end up receiving the best pregnancy care possible. Not only will you be receiving this care from a qualified physician, but you may also be providing it to yourself. Being concerned with your pregnancy

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and the welfare of your child is enough reason to ensure that you are receiving the best prenatal and pregnancy care available. This in turn may not only make your pregnancy more enjoyable, but more health conscious.

When it comes to receiving this ever so important care, there are a number of women who visit their local family physician, also referred to as a family practitioner. In addition to family practitioners, obstetricians, and certified nurse–midwives are also popular pregnancy care providers. Whether you make the decision to receive your prenatal and overall pregnancy care from a family practitioner, obstetrician, or a certified nurse–midwife, it is important that you receive the best care possible. Despite what you may believe, it is not only your healthcare provider's responsibly to provide you with that care, but it is also your responsibility to receive it.

If you are interested in getting the most out of your pregnancy care, as you should be, there are a number of steps that you should take. The first step is making sure that you make it to all of your prenatal appointments. Many healthcare providers have a set care schedule. This schedule often means that they prefer to see their patients at a specific time during their pregnancy, say the thirty–two week mark and such. It is vital that you make it to all of your scheduled appointments. In the event that you are unable to make one of your appointments, it is advised that you reschedule it as soon as possible. A quick appointment reschedule will ensure that you do not go without pregnancy care, especially during the times when it matters the most.

You can also get the most out of your pregnancy care by scheduling appointments whenever you want or need one; these appointments are often in addition to your prescheduled prenatal care appointments. Whether you have a concern or would just like to ensure that your pregnancy is going as planned, you should be able to make an appointment with your healthcare provider, even if they do not feel that an appointment is necessary. Most certified nurse–midwives, family practitioners, and obstetricians would be more than willing to meet with you or schedule a quick appointment.

When it comes to pregnancy care, there are many women who focus solely on their appointments. While this focus is important, there are other ways that you can get the more from your pregnancy care. One of those ways involves calling your physician's office. Whether you have a concern or would just like more advice on a particular topic or activity, you should easily be able to speak to your physician or another healthcare professional. Contacting your prenatal care office is a great way to get answers to your questions, without having to schedule an appointment. Also, in most cases, you should receive an answer to your questions in as little as a few minutes.

By keeping the above mentioned points in mind, you should not only be able to receive traditional pregnancy care, but the best care that is available. By being aware of your surrounding and your overall health, you and your practitioner should be able to work together to ensure that you and your baby are receiving the care that you both need and deserve.

is very important for

expecting mothers. Follow the advice of your Dr. when seeking

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