

No Topic Is Off Limits When It Comes to Your Health

This guide will help you prepare to talk with your doctor about any concerns or worries you might have. It can also help you think about how to bring up any difficult topics.

1. WRITE IT DOWN

Write what you want to ask or talk to your doctor about. Pick the topics that are most important to you. Maybe ask a friend or loved one to go to the appointment with you. That way, they can act as a second set of ears.

2. SPEAK UP

This is your body and your health. You have every right to ask questions and get answers. Don't worry about asking too many questions or saying something that feels awkward. Your doctor has probably heard it all. Here are some ideas for how to bring up difficult topics.



Some mornings, I don't want to get out of bed



I can't stop thinking about what might go wrong



I'm feeling really overwhelmed



Having sex has been difficult for me lately



I'm struggling with what to do since I can't work anymore



I don't understand the changes that are happening to my body

3. REVIEW AND TAKE ACTION

Review what you learned. If someone went with you to the appointment, then it may help to talk about what each of you heard. This can help to fill in any gaps, and it's a good way to make sure you understood everything your doctor said. Try to answer the following:

My doctor told me to _____

This is going to help because _____

These are things that I can do to help with how I'm feeling _____

4. WHAT ELSE?

Do you still have questions? Write them down and call your doctor to get the answers you need. You don't have to wait until your next appointment to talk with your doctor.
