

# Helpful List for Physician Visit

Here are some ideas to get the greatest benefit when visiting any physician. Prepare well for your visit and remember some points in regard to both your physician and yourself.

<p><b>WRITTEN LIST</b></p> <p><b>Be Prepared.</b></p> <p>Bring a list of items to be covered in your session. This should include the following :</p>	<p><b>Symptoms:</b> Date of onset Location Severity</p> <p><b>Current Medications:</b> Prescribed medications Over-the-counter meds. Herbs Supplements etc. (There can be interactions even with the "natural" substances.)</p>	<p><b>Allergies / Adverse Drug Reactions:</b> Food allergies Drug / Medication allergies Other allergies</p> <p><b>Medical History, with Dates:</b> Surgeries Past health problems</p> <p><b>Family History:</b> Parents Siblings Children (Especially note histories of: cancer, stroke, heart disease, diabetes, kidney stones, etc.)</p>	<p><b>Questions &amp; Concerns:</b> List questions you want answered, problems you need to discuss, and business items you need to take care of (e.g. disability letters to workplace or insurance carriers).</p> <p><b>Recent History with This Doctor:</b> Date last appointment Open issues from last appointment (medication efficacy, change in symptoms, etc.)</p>
<p><b>ITEMS RELATIVE TO PHYSICIAN</b></p> <p>These are some things to remember in your interactions with your physician :</p>	<p><b>Keep your appointment:</b> Canceled / missed appointments make doctors reluctant to treat you. Your doctor needs to see you at your worst. Make back-up transportation plans to avoid transportation difficulties that may cause you to miss appointment.</p> <p><b>Be Informed:</b> A basic understanding of your condition will help both you and you physician work together in helping you.</p>	<p><b>Longer Appointments:</b> If you need extra time, tell the scheduler when you make your appointment.</p> <p><b>Take notes:</b> Helps you remember what to do and what to cover next time.</p> <p><b>Be Concise:</b> Simple, direct statements, aided by your written list, will make your visit efficient and please your physician, as he sees his time is more productive.</p>	<p><b>Be polite and considerate:</b> Let the staff know what you want, but remember they have problems too. If you do have a problem with staff, let the physician know so he can correct it.</p> <p><b>Communicate Efficiently and Effectively.</b></p> <p><b>Show appreciation for your doctor's efforts to help.</b></p>
<p><b>ITEMS RELATIVE TO YOURSELF</b></p> <p>These are some things to remember in dealing with your condition :</p>	<p><b>Keep a file of all your significant medical records:</b> Hospital admission / discharge summaries, all lab results, x-rays, scans, etc. (Records in your physicians' offices can be lost or destroyed).</p> <p><b>Treatments:</b> No one can guarantee any treatment will be a success. Individuals respond differently.</p>	<p><b>Adverse Reactions:</b> These seem to occur more frequently in people with the CEFCA disorders than for many other conditions. But, you must take some risks in order to find a protocol that works for you. With many therapies, the adverse reactions are transient, lasting only a short time.</p> <p><b>Finances:</b> When you see a physician, you are entering a contract to pay for services, whether your insurance carrier pays or not. Get pre-authorizations in writing, as verbal authorizations are not necessarily binding in a fight with your carrier.</p>	<p>You can contest a carrier's decision by following the appeals process indicated in your insurance contract, filing with the state insurance commission, the Dept of Corporations, or by going to small claims court where many cases are won without an attorney.</p> <p><b>Thrift and Sacrifice:</b> These are necessary when dealing with chronic disorders. It may be necessary to make lifestyle changes and give up some luxuries.</p>