

TALKING WITH YOUR DOCTOR

Discussing Changes in Your Health: Worksheet

Your doctor may want to know about any changes in your life since your last appointment. It is useful to consider what you should say before you see the doctor. The list below can help. Of course, all the things on this list won't apply at every visit! Make a copy of the blank list so you will always have a clean copy to use. Then, take a minute to think about each of these possible topics. You may want to jot down when you first noticed each change. You can use the last column to note any additional information that may be helpful for the doctor to know.

Your Health		
Topic	Date	Notes
Bone/joint pain or stiffness		
Bowel problems		
Chest pain		
Feeling dizzy or lightheaded		
Headaches		
Hearing changes		

Losing urine or feeling wet		
Recent hospitalizations or emergencies		
Shortness of breath		
Skin changes		
Vision changes		

Your Diet, Medication, and Lifestyle		
Topic	Date	Notes
Alcohol use		
Appetite changes		
Diet/nutrition		
Medicines		

Tobacco use		
Weight changes		

Your Thoughts and Feelings		
Topic	Date	Notes
Feeling lonely or isolated		
Feeling sad, down, or blue		
Intimacy or sexual activity		
Problems with memory or thinking		
Problems with sleep or changes in sleep patterns		

Everyday Living

Topic	Date	Notes
Accidents, injuries, or falls		
Advance directives		
Daily activities		
Driving/transportation/mobility		
Exercise		
Living situation		

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