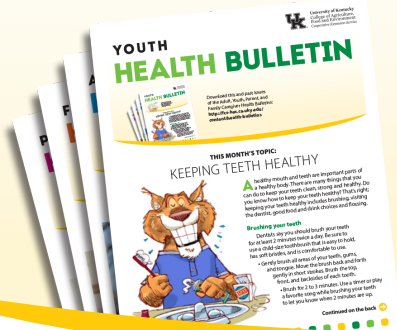




YOUTH HEALTH BULLETIN

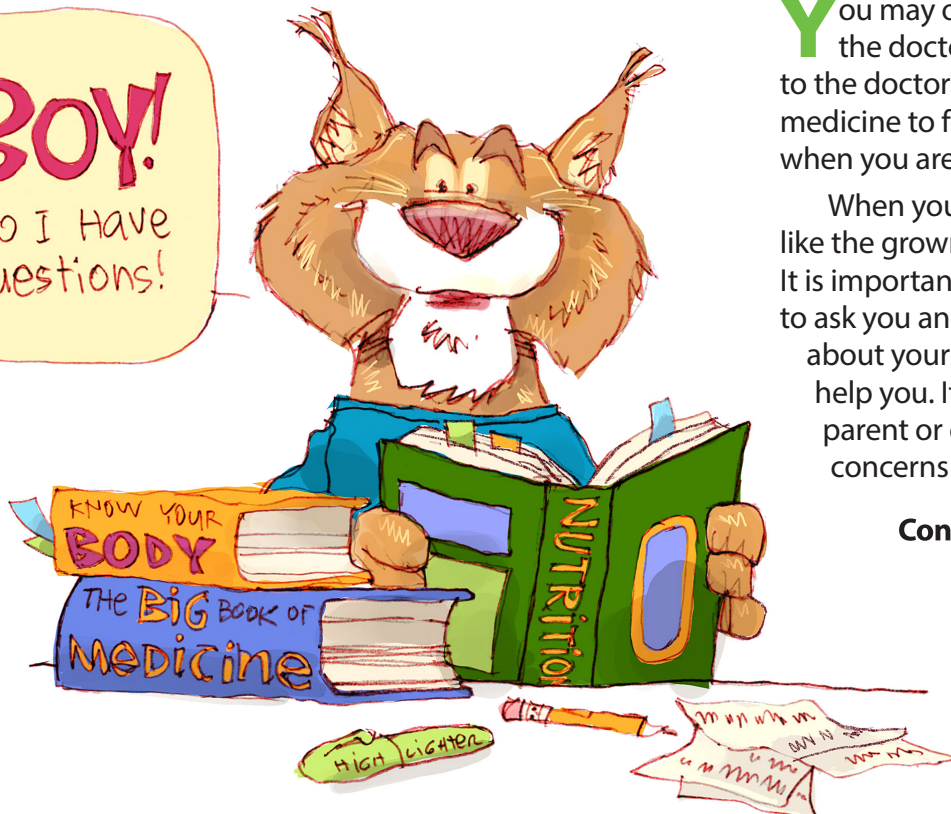


APRIL 2023

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THIS MONTH'S TOPIC:

ASK YOUR DOCTOR QUESTIONS



You may or may not enjoy going to visit the doctor. But it is important to go to the doctor when you are sick and need medicine to feel better. It's even important when you are well, to keep you healthy.

When you go to the doctor, it may feel like the grown-ups do all of the talking. It is important for nurses and doctors to ask you and your parent questions about your health, so that they can help you. It is also important for your parent or caregiver to explain their concerns about your health.

Continued on the next page →



Your yearly physical or well-being exam is a good chance to ask questions that you have about your body and your health.

➔ Continued from the previous page

You are an important part of the team, too. As you get older, it is important for you to understand what your doctor is saying. You should also know how to keep you feeling good and growing. That starts by answering the questions that your doctors or nurses have about you. You also need to ask them questions.

Before going to a health-care appointment, ask your parent or caregiver why you are going. You can brainstorm with your parent about questions that you want to ask the doctor while you are there.

Things you can ask your doctor about during your appointment:

- Ask them to explain words you don't understand.
- Ask them to explain any exam or procedure they are going to do before they do it.
- Ask them why an exam, procedure, or treatment is needed, or what it will help.

Your yearly physical or well-being exam is a good chance to ask more general questions that you have about your body and your health.

Me going to the doctor
is like YOU going to
the vet, only there's less
barking & NO
dog treats



Yeah... DO
you mind
warming up
your
stethoscope
before we
get started?



You could ask about things like:

- Eating healthy foods,
- Getting exercise, or
- How to take care of your body as you are getting older.

Remember, your doctor is a person you should feel comfortable with and be able to talk to. You may want to practice the questions you have with your parents ahead of your appointment if you feel nervous. Your parents can also help support you by telling your doctor that you have a couple of questions for them that you want to ask, to open the conversation.

REFERENCES:

<https://www.cdc.gov/ncbddd/actearly/pdf/How-Talk-Doctor-P.pdf>

ADULT
HEALTH BULLETIN

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