

ADULT HEALTH BULLETIN



OCTOBER 2019

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

BE A PART OF YOUR HEALTHCARE TEAM



Only 12 percent of people understand what their healthcare provider tries to tell them. Therefore, it is important to become actively involved in your healthcare. Here are some ways to help you prepare for your next appointment.

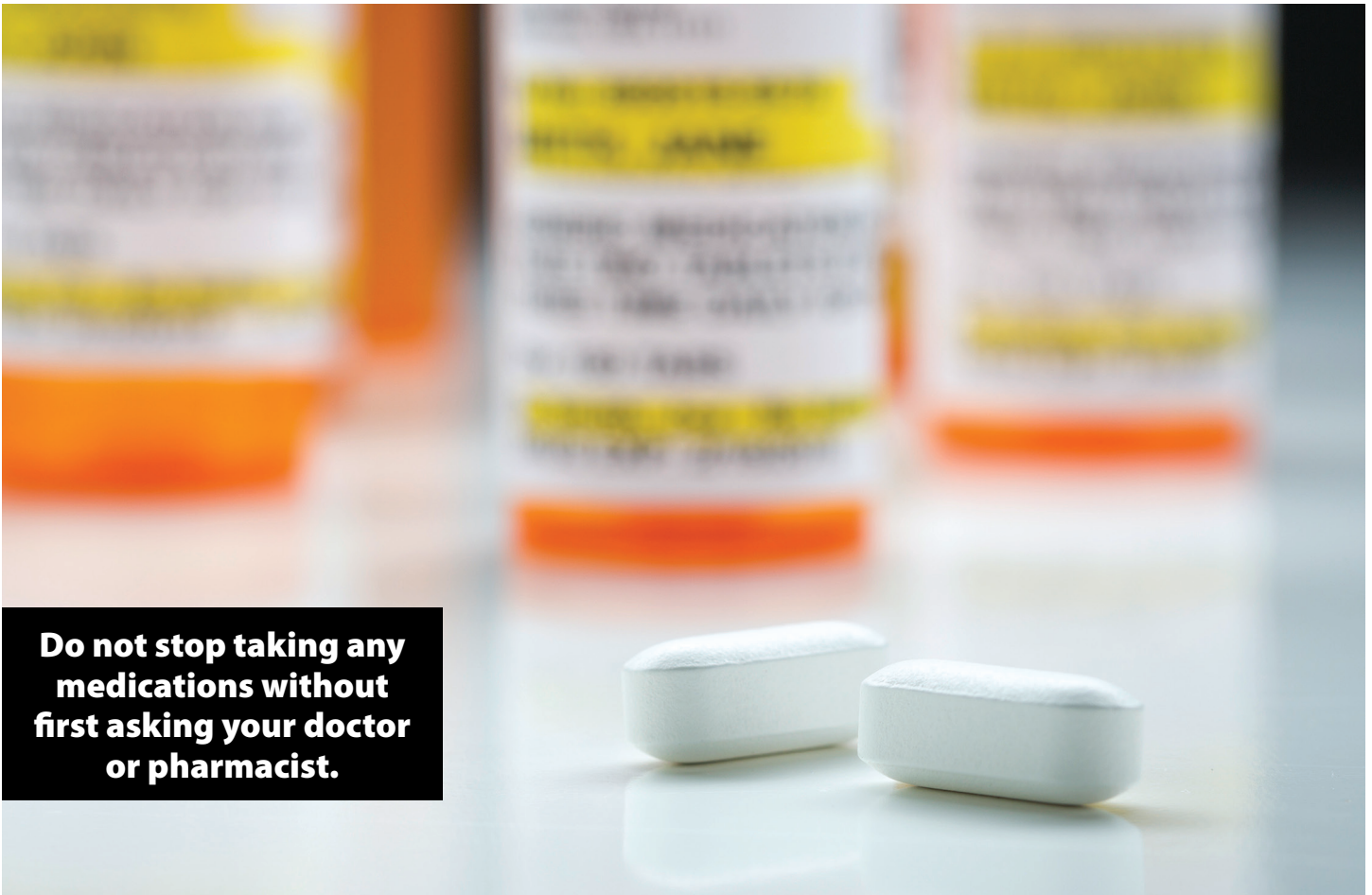
Before your appointment

- Bring all of your medicines including prescriptions, over-the-counter medications, vitamins, and dietary or herbal supplements.
- Write down your questions.
- Know your previous illnesses, past procedures, and your current medical condition.

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Call your doctor if you start to feel worse or you have problems with instructions or medications.



Do not stop taking any medications without first asking your doctor or pharmacist.

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During your appointment

- Every time you talk with a healthcare provider, ask these questions to understand better your health. (1) What is my main problem? (2) What do I need to do? (3) Why is it important for me to do this?
- Let your doctor, nurse, or pharmacist know if you do not understand what you need to do. There is no need to feel rushed or embarrassed if you do not understand something. You can say, "This is new to me. Will you please explain that to me one more time?"

After your appointment

- Make sure to follow your doctor's instructions. Don't be afraid to call your doctor if you do not understand or have a question.

- Do not stop taking any medications without first asking your doctor or pharmacist.
- Call your doctor if you start to feel worse or you have problems with instructions or medications.

SOURCES:

- https://www.cdc.gov/genomics/famhistory/file/factsheet_FHH_checklist_adults.pdf
- <https://health.gov/communication/literacy/quickguide/factsbasic.htm>
- <http://familyhealthhistory.org>

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