

WebMD exam room checklist

Tear it out,
take it with you,
talk to your doctor

Any changes in your sex life? Appetite? Mood?

1 Make the most of your doctor's visit. Take five minutes, right now in the waiting room, to **jot down everything** you'd like to ask your physician—and what he or she needs to know about you:

Don't forget to list everything.

2 Write down **every medication** you are now taking (including prescription and non-prescription drugs such as aspirin and antihistamines or vitamins and other supplements).

6 SYMPTOMS NEVER TO IGNORE

- 1** Severe headaches or a change in the way you have experienced headaches in the past
- 2** Extreme weight loss without trying to lose weight
- 3** Pain while swallowing, fullness after eating small meals, or a decrease in appetite
- 4** Abdominal pain or change in bowel movements
- 5** Slurred speech, vertigo, lack of physical coordination, or limb weakness
- 6** Memory loss or being at a loss for words during speech

For more copies, go to www.WebMD.com and search "exam room checklist."

TAKE ONE, LEAVE ONE

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