Follow-up notes from your doctor’s visit

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PATIENT TO DOCTOR
Tell your physician about changes in any of the following:

- **DIET**: Has your appetite increased/decreased?
  Going “low-carb” or “low-sugar”? Are you hungry frequently? Do you get headaches?

- **STRESS**: Having financial trouble? Marital problems?
  Do you feel overwhelmed by work or parenthood?

- **MOOD**: Do you feel “down” for longer than a day or two at a time?

- **SLEEP**: Do you have trouble falling asleep?
  Do you feel tired during the day?

- **ALCOHOL**: Are you drinking more than 1–2 drinks each day or bingeing during the weekends?

- **SMOKING**: Do you want to quit?

- **LIBIDO**: Have you lost desire for sex?
  Is there any pain with sex?

Follow up on your checkup at [www.WebMD.com](http://www.WebMD.com).
WebMD exam room checklist

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:

   [Blank lines for notes]

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):

   [Blank lines for medications]

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

Learn more about these telling symptoms at www.WebMD.com.
Follow-up notes from your doctor’s visit

Follow-up visits? Side effects? Terms to research?

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