

# 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 loss for words during speech

WebMD<sup>®</sup>

Learn more about these telling symptoms at [www.WebMD.com](http://www.WebMD.com).

