

Tips to Get the Most Out of Your Next Doctor's Appointment

Here's a simple checklist of things to discuss with your doctor. Go through it before your appointment. Then bring it with you to share with your doctor.

1. My breathing problems are getting better or worse. *(Circle One)*

Explain:

2. I've had to cut back on some of my usual activities, including:

3. These are my symptoms and how they are doing:

- Persistent cough**

It's been getting better or worse. *(Circle One)*

- Coughing up phlegm or mucus**

It's been getting better or worse. *(Circle One)*

- Shortness of breath during activities**

It's been getting better or worse. *(Circle One)*

- Wheezing or whistling when I breathe**

It's been getting better or worse. *(Circle One)*

4. I'm currently taking these medications:

5. This is my smoking history:

- I used to smoke, but quit _____ ago
- I never smoked
- I still smoke

6. I am exercising _____ times a week.

7. I use my rescue inhaler _____ times a week.

While you're with your doctor, ask these questions:

1. How would you rate my overall health?
2. What can I do, like exercise or change my diet, to improve my breathing?
3. Should I get on a prescription treatment for my breathing?
4. Is it time I started pulmonary rehabilitation therapy?

Helpful Tip:

Make a list of things you want to talk about beforehand. Then bring it with you to make sure that you don't forget anything important during the appointment.

Keep track of your activities.

Tracking your activities is key to helping your doctor get a full picture of your overall health. If your doctor learns that you are cutting back on activities and that this is related to your breathing, he or she may feel it is time to make a change in your treatment.

Here's a handy activity tracker that you can fill out and bring to your next doctor's appointment. Just follow the simple instructions below.

Step 1: List three to five daily physical activities in the indicated spaces. Things you do every day.

Step 2: At the end of each day, rate your ability to perform each activity.

Step 3: Bring your tracker to your next doctor's visit.

Rate your physical activity level each day according to this scale:

(Leave blank any day you did not do the activity)

1 Could not do activity

2 Did less of activity/
had more difficulty

3 Did activity with
same level of difficulty

4 Did more activity/
had less difficulty

DATE & RATING

ACTIVITIES

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Be honest with your doctor.

Be sure to tell your doctor how you're feeling, your lifestyle choices, and how often you take your medicine. Don't hold back. Your doctor needs to know everything to properly assess your health.

Take notes.

During your visit, take all the notes you like. This will help you recall your discussion and remember next steps.

Date: ____ / ____ / ____
