

## Checklist to Take to Your Next Doctor's Appointment

Print this form and complete it to take with you when you see your doctor. This will help you give your doctor complete information and make the most of your visit.

### Reasons for This Appointment

Why did you make this appointment? What do you want to talk about with your doctor?

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### Symptoms

Describe your symptoms, including where they are located and how they feel.

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When did your symptoms start? How long do they last? Is it constant or just sometimes?

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Have there been any recent changes in your routine? (For example, sleeping, eating, death of a loved one, divorce.)

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What treatments have you already tried, if any, and have they helped?

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### Medications

**List all the medications you take.** Write down all your prescriptions and any other medicines or supplements you take. You should include any medicines you stopped taking and why you stopped them. **Include:** the name of the drug, why you take it, the dosage, and the last time you took it.

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### Notes From This Appointment

Write down any instructions your doctor gives you, any new prescriptions, or any tests your doctor wants you to have.

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## Recommended Health Screenings for Women

Screening tests can find diseases early when they will be easier to treat. Talk to your doctor about which ones apply to you, and when and how often you should be tested.	My last exam was:	My results were:
<p><b>High Blood Pressure</b> You should have your blood pressure checked <b>at least once a year.</b></p>		
<p><b>Obesity</b> Your height and weight should be checked <b>at least once a year</b> to calculate your body mass index (BMI). BMI is the measure of body fat and is used to indicate obesity.</p>		
<p><b>Cervical Cancer</b> Have a PAP smear <b>every 1 to 3 years</b> according to your doctor's recommended schedule.</p>		
<p><b>High Cholesterol</b> Have your cholesterol checked every 5 years <b>starting at age 35.</b> If you are younger than 35, you should talk to your doctor about having your cholesterol checked if:</p> <ul style="list-style-type: none"> <li>• You have diabetes or high blood pressure</li> <li>• Heart disease runs in your family</li> <li>• You smoke</li> </ul>		
<p><b>Breast Cancer</b> Have a mammogram <b>every 1 to 2 years, starting at age 40.</b> Discuss with your doctor if you have a family history of breast cancer. You may need to schedule one sooner than age 40.</p>		
<p><b>Diabetes</b> Have a test for diabetes <b>every 3 years, starting at age 18.</b> You may need a test sooner or every year if you: have high blood pressure or high cholesterol, are overweight or obese, or have a family history of diabetes.</p>		
<p><b>Osteoporosis</b> Have a bone density test <b>beginning at age 65.</b> If you are between the ages of 60 and 64 and weigh less than 154 pounds, talk to your doctor about being tested.</p>		
<p><b>Colorectal Cancer</b> You should have this test <b>starting at age 50.</b> If anyone in your family had colorectal cancer, you should be tested earlier.</p>		
<p><b>Depression</b> Emotional health is as important as physical health. If you feel down, or hopeless, and you don't have much interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.</p>		
<p><b>Immunizations</b> It is important to stay up-to-date on your immunizations. Immunization vaccines recommended for adults include: Hepatitis A, Hepatitis B, Herpes Zoster, Human Papillomavirus, Influenza, Measles, Mumps, Rubella, Meningococcal Pneumococcal, Tetanus, Diphtheria, Pertussis and Varicella.  It is important to talk to your doctor about vaccines that are appropriate for you. For more information, check the schedule at: <a href="http://www.cdc.gov/vaccines">www.cdc.gov/vaccines</a>.</p>		