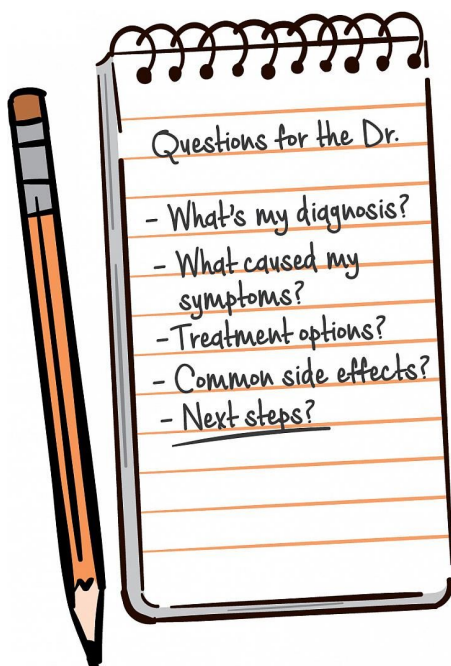


How to Prepare for a Doctor's visit

Cheat Sheet for medical appointments

6 To-Do's before your visit

1. Make a list of your current medications and their dosages
2. Make note of any allergies or sensitivities to medications
3. Know your family history. Any common medical conditions or medical sudden deaths within your family are important to know.
4. Be able to explain your own medical history as a detailed record, especially for the past 5 years.
5. Jot down a list of symptoms and how you're feeling.
6. Write down any questions you may have beforehand.



What to expect

- ❖ Always bring a valid form of I.D. and your health insurance card. They may ask for these at the reception desk.
- ❖ Give them your appointment time with your first and last name. "Hi, I have an appointment at 10 for [full name]"

- ❖ Doctors are there to inform you, however, don't elaborate unless asked to. Don't be afraid to ask them to speak in 'layman terms'.
- ❖ Oftentimes they ask you to describe pain such as, dull, achy, sharp, radiates, or tingling. And how long the pain lasts, if it's persistent or comes and goes or a gradual pain.

Common Medical Terminology

Abatement: A reduction in the severity of symptoms.

Abiotic: Unrelated to living organisms (physical, not biological).

Abortive: When a disease is cut short.

Abrasion: Damage to the skin caused by friction.

Abruption: A sudden separation or breaking off.

Ambulatory: Also referred to as outpatient care.

Analgesia: The removal of pain while a patient is conscious.

Benign: An abnormal but non-threatening growth or tumor.

Compression: The application of pressure to stop bleeding or prevent further injury.

Etiology: The cause of a certain disease or condition.

Exacerbation: Deterioration/worsening of a medical condition

Hematemesis: Vomiting of blood

Hematology: Study, treatment, and prevention of blood diseases and conditions

Hepatitis: inflammation of the liver

Idiopathic: Condition with an unknown cause.

Intractable: Medical conditions that are difficult to treat or cure.

Microbiology: Related to bacterial and viral infections

Neurology: Related to the disorders of the brain, spinal cord, or general nervous system

Referred pain: Pain felt in an area different from the actual source.

Remission: Signs of the disease disappear temporarily or permanently.

Stimulus: Triggers a physical and/or behavioral change.

Subcutaneous: Either injected or naturally existing under the skin.

Syndrome: A set of symptoms that indicate a certain condition, disease, or abnormality.

Urology: Related to problems with the urinary tract or the reproductive system (in men)