

Good to Know: The 5 most important questions to ask your doctor. The days of your doctor lingering to talk with you are gone, which makes it more important than ever to be prepared for your visit. And, for seniors it is especially important to have someone with you. A recent article in an AARP Bulletin suggests to ask:

1. **Can you repeat that?** If you're unclear about any information involving your treatment, ask your doctor to go over it carefully. Be sure you understand.
2. **Do you have printed materials available?** It's so easy to forget information about your condition. Handouts can be extremely helpful. If the doctor doesn't have printed materials ask about online sources.
3. **Can I have two minutes alone with you?** Don't hesitate to ask for privacy if there is anyone other than your family/friend in the room. Your doctor may also be more comfortable asking more probing questions.
4. **What if I can't do what you're suggesting?** When you know that you can't do exactly as your doctor suggests, be sure to let them know. He/she may come up with an alternative plan.
5. **Do you have a patient portal for questions?** It may be more comfortable for you to ask questions online than it is in person. A patient portal allows you to securely ask and review them in the privacy of your home.



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