

The Emotional Side of Healthcare: *Six Tips for Talking to Your Doctor*

It is important to know what to do before, during and after a doctor appointment. Talking to the doctor can be stressful. There often isn't much time so you may feel rushed. You may be scared, confused, anxious, worried, tired and sick. How can you prepare yourself emotionally to talk to the doctor, whether the conversation takes place in an office, in the hospital, or over the telephone?

Here are six empowerment tips:

- ▶ When it comes to your body, you are the expert.
- ▶ Open up about what is bothering you.
- ▶ Make sure your doctor takes your concerns seriously.
- ▶ Trust your instincts, know your worth and speak up.
- ▶ Remind yourself what you need to know, and why.
- ▶ Don't be afraid to ask, "Is there anything else this could be?"¹

¹Groopman J. *How Doctors Think*. Boston, Houghton Mifflin, 2007.

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