

# Questions To Ask Your Doctor

***Even the best physician can't give you the right answers if you're not asking the right questions.***

Make the most of your doctor's visit. Your physician needs to listen to your issues, make an assessment, do necessary tests, and explain the recommended treatment. So come prepared by writing down things you don't want to forget.

- Ask questions. If you don't understand, have the doctor re-explain it to you.
- Repeat back. Make sure you have understood all the information your doctor has given you by repeating it back from your notes.
- Tell your doctor all of your symptoms, even if some topics embarrass you.
- List all medications and supplements you take.

Visit the following websites for a comprehensive list of medical conditions, causes and treatments:

- [NorthridgeHospital.org](http://NorthridgeHospital.org)
- [health.nih.gov](http://health.nih.gov)  
(National Institutes of Health)
- [WebMD.com](http://WebMD.com)



Northridge Hospital Medical Center

A member of CHW

18300 Roscoe Boulevard  
Northridge, CA 91328  
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FREE Find-a-Physician 818-908-8677

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1. What is my blood pressure?
2. What is my cholesterol level goal?
3. How much physical activity do I need to promote good health?
4. Are there any foods I should eat or limit?
5. Should I make any lifestyle changes?
6. What is my risk for heart disease?
7. How can I tell if I'm having a heart attack?
8. What tests or screenings should I have based on my age and risk factors?
9. Are you aware of each medication I take? Can they adversely interact with medication you prescribe?
10. If I get sick, will you see me in the hospital?
11. What are the goals for our next appointment?

## **If you have a condition you are seeking medical care for, be sure to also ask:**

1. What is the likely cause of this condition?
2. What tests will you order to diagnose the problem?
3. What are my treatment options?
4. If my symptoms worsen, what should I do on my own? When should I contact you?

For questions to ask your doctor when preparing for surgery or taking children to the doctor, please visit our website at [www.NorthridgeHospital.org](http://www.NorthridgeHospital.org)



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