



PRESS RELEASE

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Please print the following announcement:

Make the Most of Your Doctor Appointment

Have you ever left your doctor's office realizing you forgot to ask an important question? Or maybe you are frustrated because you did not understand the doctor's instructions? To help ensure this does not happen, and that you get the most out of your appointments, here are some tips to help you before, during, and after your visit.

Choosing the right doctor is the first important step. You want someone who is a good listener, includes you in the decision making, connects with you and is reasonably available. Find a doctor that is in your insurance network and is conveniently located. If a specialist is what you need for a particular procedure, look for a doctor who performs a lot of them. Practice makes perfect. Also, ask your primary doctor who they would suggest and trust for that procedure.

Before your appointment, make a list of three or four questions/concerns that you want to talk to your doctor about. Let the doctor know at the beginning of the visit, and then discuss each question. Remember that the doctor may not be able to answer all your questions due to time restrictions. Usually, you will only have about fifteen minutes of time with your doctor. Have the questions/concerns ready, but also have a copy of the questions for your doctor so they can see all of them written out. What you might find unimportant could be of importance to them.

Also, it is recommended that you bring a list of all your current medications to your appointments. The list should include everything you are taking including your over-the-counter medications, herbs, ointments, and suppositories, who prescribed it, why they prescribed it and the dose.

Stay focused on why you are there. Take notes and ask for written instructions, brochures, or other information to be printed. Consider having a second person with you, that way they can take notes for you. Do not be afraid to speak up during your appointment. It is important for you to let your doctor know if you do not understand something. If you are still uncertain about your doctors' instructions after you get home, call the office. You may also be able to use your health portal to ask them questions. Talk to other health care professionals such as nurses, physician assistants, pharmacists, and occupational or physical therapists. They may be able to spend more time with you than the doctor.

Be honest with your doctor. Volunteer information about your symptoms and other health concerns, even if they do not ask. They need to know why you are there and what is bothering you. Also, if you have no plans to take medications due to side-effects or cost, let them know.

Overall, taking an active role in your health care can help you get the best care possible. By using these simple tips, you can improve your health, communication, and visits to your doctors. Do not be afraid to try different techniques to find out what works best for you and your doctor.

Region 9 Area Agency on Aging is hosting a Caregiver Empowerment and Wellness Conference on Friday, April 19, 2024, from 10:00 a.m. - 4:00 p.m. at the Mio Baptist Church (357 South Mt. Tom Road, Mio MI 48647). This conference invites caregivers of all types, whether caring for a loved one with dementia or a chronic illness to attend. The conference is free of cost including breakfast, lunch and door prizes.

Region 9 AAA offers many services for older adults and caregivers, to learn about resources in your area, visit www.nemcsa.org/senior-services.

Region 9 Area Agency on Aging is a division of division of Northeast Michigan Community Service Agency (NEMCSA), a Community Action Agency improving the quality of life for people facing crisis while strengthening families, communities, seniors, and children since 1968.