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How to Make the Most of Your Next Doctors Appointment

To make the most of your next doctor's appointment, keep track of your symptoms and challenges. By journaling your experiences, your doctor will have a better understanding of how your arthritis is affecting your daily life and will be better able to determine if changes are necessary in your treatment plan. Whether you purchase a health organizer or just use pieces of paper, the following questions can be used to help you keep track:

1. Where is your pain?
2. When do you experience your pain? (ex: mornings, after exercise, etc.)
3. Do you have any swelling today?
4. What daily tasks are difficult to do?
5. What have you tried to relieve your pain?
6. Do you have any questions you want to ask? (ex: new medication you heard about or are warm water aquatic classes ok for me to try?)

At your next appointment, you will now be able to answer any questions your doctor may have about your symptoms since your last appointment. Some doctors or nurses may even photocopy your journal to place in your chart.

Having your journal handy during your doctor's appointment will also allow you to:

1. Keep track of any medication changes
2. Record any suggestions your doctor may make, such as attending a warm water aquatics class.
3. Write down any additional questions you have for your doctor while your doctor is speaking to you.

These simple suggestions can help you take control and make the most out of your next doctor's appointment!