

GETTING THE MOST OUT OF YOUR HEALTHCARE APPOINTMENTS

Getting a doctors appointment can be difficult, so it's important to make the most of your appointment. Here's a few tips to help you get the most out of your time with your healthcare professional: –

- ✔ Prepare in advance – write down any questions or concerns you may have about your health or treatment plan, in order of importance
- ✔ Take someone with you for support
- ✔ Give the doctor as much information as possible about your symptoms, and include photos if possible



- ✔ Tell your doctor how your symptoms are affecting your daily life, so they understand the full picture of things you may need help with to function
- ✔ Tell your doctor if you need information in a different format, such as paper copy, and ask them to explain any medical terms you don't understand
- ✔ Remember, nobody knows your body better than you, so don't be afraid to share your views on what treatment options will work best for you

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