

# Communicating With Your Health Care Provider

## What Every Person Should Ask

### Diagnosis

- What do you think my diagnosis is?
- Are there any other possibilities as to what it might be?
- What does this mean for my day-to-day life and for my future?
- What do I need to do to get well?
- Where can I get more information about this condition?

### Treatment Options

- What are my treatment options?
- What kinds of studies have been done on these treatments?
- What are the benefits and risks of each treatment?
- How likely is each treatment to help me?
- How will the suggested treatments affect me in my everyday life?

### Medication

- What does this medicine do to my body and brain?
- What other medicines would be considered and why are you recommending this one?
- What kinds of studies have been done with this medication?
- What other medicines or treatments has it been compared to?
- How likely is this medicine to help someone like me?
- What are the risks and benefits of this medication?
- Will the medicine interact with anything that I am already taking?
- What are the potential side effects? Will they fade over time?
- When will I start to notice the results?
- How will I know if the medication is working?
- How long will I be on this medication?
- What will happen if this medication does not work?

### Psychological Treatments (therapy)

- How will this therapy help me?
- What are the alternative therapies and why are you recommending this one over the others?
- What kinds of studies have been done with this therapy?
- What other treatments has this therapy been compared to?
- How likely is this therapy to help a person, like myself?
- What are the risks and benefits of this therapy?
- What are the potential side effects of this therapy? Have studies assessed possible side effects?
- When can I expect to see results?
- How will I know if this therapy is working?
- How long will this therapy last?
- What will happen if this treatment does not work?

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