



BeWell.com

## Maximize Your Minutes With Your Doctor *Nurturing Your Child's Health*

The American Academy of Pediatrics recommends school-age children have wellness checkups at least once a year, even if there's no sign of illness. These visits allow the doctor to get to know your child and to update his or her medical history. To maximize this time and get essential health information, **pediatric cardiologist Dr. Darshak Sanghavi** advises parents to prepare in advance by writing down questions and concerns and then bringing them to the appointment. Ask the doctor questions like:

1. Can we review my child's growth chart together? Are there any problems?

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2. How can I encourage my son or daughter to eat a well-balanced diet?

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3. Does my child need any screening tests today, such as blood work for cholesterol?

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4. What are common health and social problems faced by kids at this age?

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5. If I have concerns about my child's school performance, what should I do?

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6. If my child has any chronic problems, like asthma, have there been any changes in treatment recommendations since our last visit?

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7. What are good books or other information sources about children's health, including online, that I should know about?

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8. Do you share your email with patients, so we can contact you with questions about non-urgent problems?

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9. Other important questions I want to ask the doctor:

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*This educational information about wellness visits for school-aged children was proudly created in collaboration with Pfizer as part of an on-going series, "Maximize Your Minutes With Your Doctor," which aims to help patients make the most of physician visits. For more information on this topic, visit [BeWell.com](http://BeWell.com).*



*Dr. Sanghavi has not been compensated by the corporate sponsor for appearing in this program's educational video or for contributing to the associated editorial materials.*