

Maximize Your Minutes With Your Doctor *Advocate for Your Parent's Good Health*

The average doctor visit lasts only 12 minutes. That's why it's so important that you help your parent maximize this valuable time. **Dr. Saralyn Mark, endocrinologist and geriatrician**, advises bringing a list of your parent's health concerns based on his/her current health status and lifestyle—along with the following questions—to the next appointment. *And don't forget to ask your parent in advance if he or she would like you to be present during the physician visit. Whenever possible, the decision should remain with your parent.*

1. Do any changes need to be made in my parent's daily routine, including diet, exercise or sleep schedule?

2. Does my parent need to have any tests done at this time? If so, when will the results be available and when can we discuss them?

3. How are my parent's medications (prescriptions, over-the-counter drugs and supplements) being monitored? How can I help my parent manage multiple medications so he or she isn't overwhelmed? Are any new medications needed now?

4. Does my parent need to see a specialist for any of his or her current medical conditions? If so, will you and the specialist coordinate my parent's care and treatment?

5. How can I best assist my parent in staying active and connected to friends?

6. What's the date of my parent's next appointment with you?

7. Additional questions I want to ask the doctor about my parent:

This educational information about taking your parent to the doctor 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.