

## The right treatment

When you do have a health condition, whether migraines, asthma, diabetes or weight issues, there is no single treatment plan that is right for everyone. It's important that you ask questions so you understand your options, the pros and cons and how each treatment will affect your condition, your health and your life.

### QUESTIONS TO ASK ABOUT A TREATMENT

- Should I watch and wait or do I need to decide right now?
- What tests do I need to determine if a treatment is right for me?
- What are the odds this treatment will work for me?
- How will this treatment make me feel? How will it affect my life?

### IS YOUR TREATMENT PLAN WORKING?

#### 1. Can you do it?

Are you able to stick to the treatment on the schedule that has been laid out or is it just too much work or inconvenience?

Does it interfere with you being productive at work, home or play?

#### 2. Is it working?

Do you see a difference in your condition?

#### 3. Are the side effects tolerable?

Can you put up with them or are they more than you can handle?

Are they what you expected, or do they seem worse than your doctor described?

#### 4. Are you happier?

Do you generally feel better?

Are you depressed about your condition or your treatment?

## minute<sup>5</sup> clinic

### 12 THINGS YOUR DOCTOR SHOULD DO AT YOUR ANNUAL CHECK-UP

Here's the minimum you should expect at your annual physical. Keep in mind that talking to you to determine your overall health and get clues to any suspicious conditions is the most powerful diagnostic tool your doctor has.

- 1. Take a detailed health history.** Should include a list of your medications and family health history.
- 2. Evaluate your risks.** Determine where you might have health risks or need early testing based on your health history.
- 3. Give you a list of the tests & screenings you need based on your risks.** Based on your risks plus the recommended screenings for your age group, you and your doctor should determine which tests you would benefit from.
- 4. Check your height and weight.**
- 5. Take your blood pressure.**
- 6. Check your cholesterol (maybe).** Depending on your age, health history and weight.
- 7. Discuss diet, physical activity, alcohol use, sexually transmitted diseases, mental wellness and safety.** And also talk with you about any health issues that are bothering you or any other risks your doctor may be concerned about for your health.

### PHYSICAL EXAMINATIONS

- 8. Examine your breasts (women).**
- 9. Check your heart and lungs.**
- 10. Check your lymph nodes.**
- 11. Check your abdomen.**
- 12. Examine your eyes, ears, nose and throat.**

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