Communicating
Top 10 Tips from Patients for Communicating with Healthcare Professionals

1. Be clear about your health goals and specific about what you want to know.

2. Don't be afraid to keep asking questions until you understand.

3. Learn about your condition so you are better prepared.

4. Find the right healthcare professional for you and be willing to get a second opinion.

5. Ask about the best way to communicate with your healthcare professional

6. Keep a list of questions and take it with you to appointments.

7. Ask your healthcare professional for resources and educational materials so you can learn more.

8. You are the expert on you. Don't be afraid to share your thoughts and opinions.

9. Take someone with you to appointments so you have an extra set of ears.

10. If you have questions or concerns, don't wait for an appointment to communicate.