

# Take control of your health together with your doctor

Let's talk about it!

If your doctor has told you that you have a long term illness or condition then you can try different treatments. Some may help you more than others.

Use the back of this leaflet to write down some questions you might want your doctor to answer. Then take it to your next appointment.

## Starting point

Here are a few questions you might want to ask:

- What are the different treatments I can try?
- What are the risks of each of the treatments?
- What can I do to help myself?

Think about what you need, what you like doing and how you live. You may find it helpful to take somebody along with you to your appointment.



Ask questions and know your options...

# Make a note of questions to ask your doctor (or other healthcare professional)

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## Notes

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