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BYU WELLNESS PROGRAM NEWSLETTER

Y'S CHOICES



# GETTING THE MOST OUT OF YOUR DOCTOR VISIT

BY DR. BILL GRADEN

**W**hen we go to see a doctor we are all interested in receiving optimal care. From a physician standpoint, let me give you a few suggestions on getting the most out of your doctor visit.

**1. Be sure to identify to the appointment clerk what issues you want to cover so that appropriate time can be scheduled.**

You would not schedule an oil change with your auto mechanic and then ask him to also do a brake job after you arrive. By the same token you should not expect a physician to address additional problems you have not identified when you made the appointment. Most physicians will try to accommodate such requests if possible but expect to be asked to make another appointment to address additional issues.

**2. Tell your doctor at the first of the visit what issues you would like to cover.**

He can then assess if there is sufficient time to address them all, the order in which to do so, and how much time to allow for each during the visit. Patients commonly wait until the doctor is wrapping up the visit and then mention there is another problem or problems they would like to discuss. Since the allotted time has already been used these additional issues are often only briefly dealt with and may not get the attention they need.

**3. Write down your questions and bring them to the visit.**

Invariably patients forget some of the questions they wanted to ask once they are in the exam room.

**4. Keep a diary of your symptoms - the timing, length, things that make them better or worse.**

Tell the doctor your symptoms not a diagnosis. For example, rather than saying 'I think I have carpal tunnel', describe the pain in your hands and wrists that comes on at night and with keyboarding and that is accompanied by numbness in the thumb and index finger. You can add that you are concerned you might have carpal tunnel.

**5. Know the medications you are taking, their strengths and dosing schedule.**

Bring a list, or the bottles themselves, if necessary. Also be sure to mention over-the-counter medications and vitamin or herbal products you take.

**6. If you have had previous medical care elsewhere, look into getting a copy of your medical records to bring with you.**

**7. Those with chronic health problems and particularly mental health issues often have impaired insight into their health situation.**

Consider having a spouse come with you to the appointment to share their observations and assist with treatment planning.

With some thought and preparation you can significantly improve the quality of your doctor visits.

# UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT  
[www.byu.edu/wellness](http://www.byu.edu/wellness) OR CALL 8-5884

ALL EVENTS ARE  **FREE** UNLESS OTHERWISE NOTED

- 1 BONE DENSITY: WELL & WISE SEMINAR**  
**OCTOBER 1, 12:00 - 1:00 P.M.**  
**3223 WSC**  
 Learn more about bone density and why getting tested is so important. Those who are interested in participating in the Bone Density Screening are encouraged to attend. Register online.
- 2 BONE DENSITY SCREENING**  
**OCTOBER 6-17**  
 Using the very latest in technology, Bone Density Screenings are offered through Y-Be-Fit. Personal Bone Screening Results Conference included. Register online or contact Y-Be-Fit at ext. 2-4494.
- 3 BLOOD PRESSURE/GLUCOSE SCREENING**  
**OCTOBER 13, 9:00 - 11:00 A.M. (2269 CONF)**  
**OCTOBER 27, 9:00 - 11:00 A.M. (382 JSB)**  
 Stay on top of these important health numbers by dropping on by these FREE screenings. No appointment necessary.
- 4 3K FUN WALK**  
**OCTOBER 17, 11:45 A.M. - 12:45 P.M.**  
**RB & SFH QUAD** (Register during the first half hour in the quad between the RB and the SFH)  
 Come enjoy healthy snacks, fun exercise, and enter to win great prizes. Learn as you walk more about the signs, symptoms, and facts of arthritis and receive a new t-shirt upon completion of the walk. See you at 11:45 a.m. at the RB/Smith Field House quad. Register for this event during the first half-hour.
- 5 "ALZHEIMER'S" WELL & WISE SEMINAR**  
**OCTOBER 29, 12:00 - 1:00 P.M.**  
**3223 WSC**  
 Come listen to Camille Crump, Alzheimer's Association's Outreach Coordinator, and ask questions about a common but little known about disease. Learn more about the physiology, effects, and prevention techniques of Alzheimer's. Register online.

## CHEF'S CORNER

### WINTER CRISP

**Ingredient for the filling:**

- ½ cup sugar
- 3 Tbsp all-purpose flour
- 1 tsp lemon peel, grated
- ¾ tsp lemon juice
- 5 cups apples, unpeeled, sliced
- 1 cup cranberries

**Ingredients for the topping:**

- 2/3 cup rolled oats
- 1/3 cup packed brown sugar
- ¼ cup whole wheat flour
- 2 tsp ground cinnamon
- 1 Tbsp melted margarine

To prepare filling, in a medium bowl combine sugar, flour, and lemon peel; mix well. Add lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish. To prepare topping, in a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix. Sprinkle topping over filling. Bake in a 375° F oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature. Yield: 6 servings--Serving Size: 1-3/4-inch by 2-inch piece  
 Calories per serving: 284

Fat per serving: 6 g