

**Arizona Osteopathic Medical Association
My Exam Room Checklist**

Physician: _____

Address: _____

Phone: _____

1. Make the most of your doctor's visit; write down your symptoms or complaints at home where you can spend the time to think about everything you would like to ask your physician, and what he or she needs to know about you:

2. Bring your MyMedList (available on the AOMA Website www.az-osteo.org) or list below all medications you are taking, include over-the-counter (e.g., aspirin, antacids, vitamins, and herbals).

3. List your past medical history including surgeries or procedures.

4. List any allergies to food or drugs.

5. Mention any family history that might be important.

6. Talk about any religious practices that can influence treatment.

7. List anything that may have contributed to your problem such as travel, strenuous activity possible exposure to contagious disease.

8. Don't skip your social history. If you drink alcohol, take drugs or smoke, say so. Also, mention anything unusual such as work environment, death, or divorce.

9. If you are feeling ill or have a language problem, bring a relative or friend to help you understand and remember instructions.

10. Tell your physician what your goals for health are, what you expect to happen and how you define being healthy.

Symptoms you should not ignore:

- Severe headaches or a change in the way you have experienced headaches in the past
- Extreme weight loss without trying to lose weight
- Pain while swallowing, fullness after eating small meals or a decrease in appetite
- Abdominal pain or change in bowel movements
- Slurred speech, vertigo, lack of physical coordination or limb weakness
- Memory loss or loss for words during speech

Patient To Doctor - Tell your physician about changes in any of the following:

- Diet: Appetite increase or decrease, trying "low-carb" or "low-sugar", are you hungry frequently, or do you get headaches?
- Stress: Having marital problems, financial trouble, or feeling overwhelmed at work or at home?
- Mood: Do you feel depressed for longer than a day or two at a time?
- Sleep: Do you have trouble falling asleep, are you tired during the day?
- Alcohol: Are you drinking more than 1 – 2 drinks each day or bingeing during weekends?
- Smoking: Do you want to quit?

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Treating Our Family & Yours