

# Your Health Matters

## GOOD QUESTIONS FOR YOUR GOOD HEALTH

Have you ever gone to see the doctor, only to arrive home and wonder, “Now what did the doctor say?” Or are you nervous to ask your health provider questions? Don’t be.

It is very important that you ask your doctor questions as well as realize that your doctor is there for you. Every time you talk with a doctor, nurse, or pharmacist, use the Ask Me 3 questions. The Ask Me 3 questions are designed to help you take better care of your health.

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

Everyone wants help with health information. You are not alone if you find things confusing at times. Asking these questions can help you take care of your health. It can help you understand how to stay well or to get better. When you ask these questions, you are prepared. You know what to do for your health.

Studies show the average patient will forget 50% of what the doctor said before leaving the exam room. And they will remember 50% of the rest of the information incorrectly. That means most patients leave an appointment only accurately remembering 25% of the information they received.

So, don’t feel rushed or embarrassed if you don’t understand something. You can ask your doctor again. You might say, “This is new to me. Will you please explain that to me one more time?” Your doctor wants you to know all you can about your condition.

You should be accepted as a partner in decisions about your own health care. When you understand your doctor’s recommendation, you will be empowered to make more informed decisions, and will be more likely to follow your treatment plan.

Clear communication will always be a challenge for patients and for providers. But successful communication improves your opportunity for healthy outcomes

The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community. To learn more, call 573-564-2495 or visit us online at [www.montgomerycountyhealth.org](http://www.montgomerycountyhealth.org) or on Facebook or Twitter @healthymoco. ■



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