

The Patient-Doctor Relationship: **Making the Most of Every Medical Visit** by Dr. Davidicus Wong

The Four Foundations of Self-Care

- **What you eat** (what you put into your body).
- **What you do** (physical activity and rest).
- **How you feel** (emotional wellbeing).
- **How you connect** (healthy relationships).

**The best predictor of your future health
are the habits you practice today**

Prepare for your medical visit by:

- Making a **list of your concerns**.
- **Sharing it with the staff when you call for an appointment**
- **Briefly reviewing that list at the beginning of your visit with your doctor** and
- **Bring a pen and paper** to write down the things you wish to remember.

The 4 things you should know about every medication, treatment or investigation a doctor recommends:

1. Indication (What is it for?)
2. What are the common risks (or side effects)?
3. What are the major risks (or side effects)?
4. What are the alternatives?

The key details you need for every drug:

1. Indication (What is it for?)
2. Potential Interactions (with food or other drugs)
3. Brand name & generic name
4. Dose (e.g. mg) and frequency (e.g. twice daily)

5 things you should know about your Medical History:

1. Allergies
2. Family History
3. Hospitalizations, Major Illnesses, Operations
4. Chronic Medical Conditions
5. Medications

The Keys to Achieving Your Goals

- **Choose Wisely.** A goal that matters to you.
- **Visualize** yourself having achieved your goal, reprogramming your subconscious mind and priming the pump for success.
- **Break it down** from supersized into manageable morsels. You'll gain confidence with early successes.
- **Write down the details.**
SMARTEST goals
 - **Specific:** What will you do? Where? With whom?
 - **Measurable:** How much? How long?
 - **Achievable:** Realistic and do-able
 - **Relevant:** Important to you, your values and your health
 - **Time Frame:** When will you start? When will you finish?
 - **Evaluate:** How did you do? What did you learn? **Enjoyable:** Make it fun!
 - **Stepping Forward:** What will you do next? What will you do differently?
 - **Together:** Who will you work with? Who will you share with?
- **Anticipate** and prepare for roadblocks
- **Enlist support.** Consult with your family doctor. Choose a coach or teammate: your partner, friend or neighbor.

**For more on achieving your positive potential for health,
davidicuswong.wordpress.com**