Make the Most of your Medical Appointment

Get organized before your appointment

☐ Bring a list of your **current** medications to your appointment. Include pill strengths, and times you take them.
  - Include **ALL** prescription and over the counter medications.

☐ Make a list of concerns you want to talk about. Prioritize your concerns, as there may not be time to discuss all of your concerns at one visit.
  - What things do not go well for you in your day? When do they occur?
  - What symptoms bother you the most? When do they occur?
  - What is the result of changes made at your last appointment?

☐ What other things is it important for your team to know? Since your last appointment:
  - have you had a change in your health?
  - have you been in the hospital?
  - have you had surgery?
  - have you had a change in where you are living, or with whom you live?

☐ If coming for a physician visit, do you need to see a member of the rehab. team on the same day?

☐ Do you want a letter from the visit to go to your primary doctor? If so, bring to the appointment:
  - First and last name of your primary doctor
  - Name of clinic and mailing address

☐ Bring someone with you to the appointment.
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