TALKING WITH YOUR DOCTOR
[TIPS FOR SENIORS]

You only have 18 seconds that's the average time a doctor waits before interrupting a patient.

As a patient, it is important you are able to obtain, communicate, process, and understand basic health information.
Be prepared for your visit:

- Make a list of concerns in order of their importance to you.
- Write down all your medications, vitamins, and supplements.
- Note all health and life changes since your last visit.

Use these tips, and learn more about talking with your doctor at www.nia.nih.gov/doc-patient-communication.