

Ease the Stress of Seeing Your Doctor

Medical experts agree it is far better to prevent disease than to treat people after they get sick. One of the best ways to help prevent illness, disease and other health problems is to get timely, routine check-ups and screening tests.

However, the thought of visiting a doctor can make some people feel anxious. The root cause for this anxiety may vary, from fearing shots as a child to worrying you might receive an unwanted diagnosis as an adult. One of the most effective ways to ease the stress associated with medical appointments is to make sure you're prepared.

Here are some strategies for you to experience a calmer and smoother visit with your doctor:

Schedule the appointment at an optimal time

When scheduling a medical appointment, choose a time of day or week when stress is usually less. For example, if anxiety is normally high in the morning, schedule appointments with a doctor in the afternoon.

Gather important information

Come equipped with everything needed for the doctor to make an accurate assessment and diagnosis, including details about prescription medications, medical history and health insurance.

Bring a list of questions

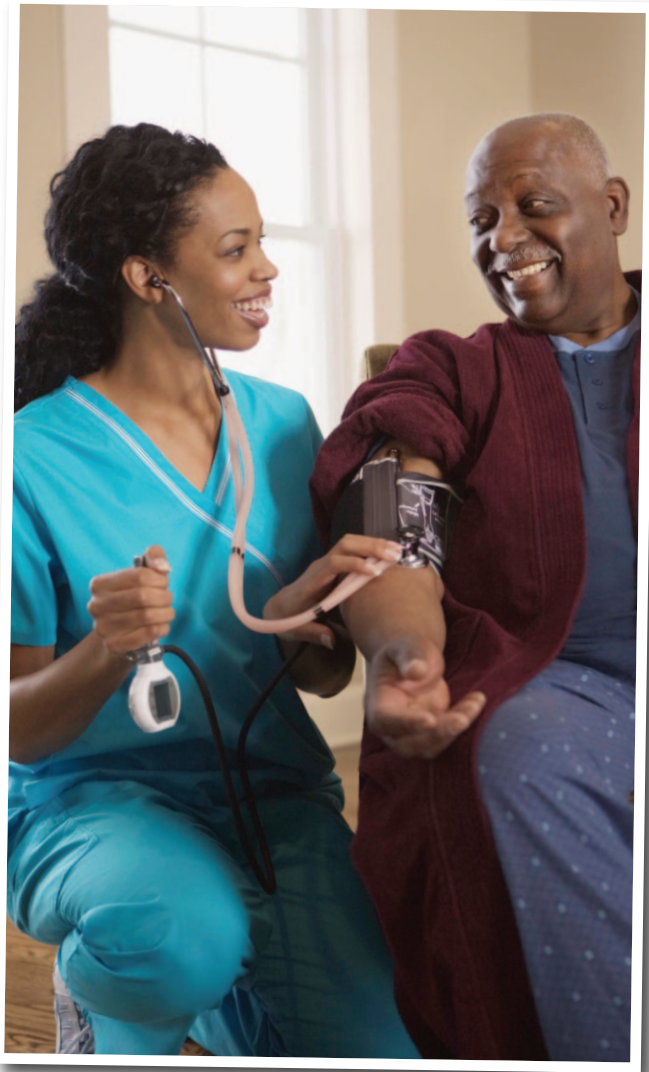
Before a health exam, write down everything you want to ask or share with your doctor, such as any symptoms or specific health concerns. Bring this list to the appointment to help you remember what to ask.

Give yourself extra time to get ready

Take deep breaths and give yourself enough time to get ready for the appointment. Showering and dressing may take a bit longer for some than others, so avoid rushing to reduce stress.

Take a friend or family member

Not only does a loved one provide comfort and companionship at an appointment, but they also offer an extra set of eyes and ears to obtain important details from the doctor and advocate for the best care.



Arrive early

As with any appointment, it's a great idea to arrive 15 to 20 minutes early. This gives you plenty of time to share information, provide insurance details and complete the necessary paperwork.

Remember, preventive health care helps reduce the risk for diseases, disabilities and even death. That's why it's critically important to receive regular check-ups and screenings. Being clear and honest when you talk with your doctor helps you and your doctor make the best decisions about your health and wellbeing.

Sources:

healthline.com
medicalnewstoday.com