

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.



National Institute
on Aging