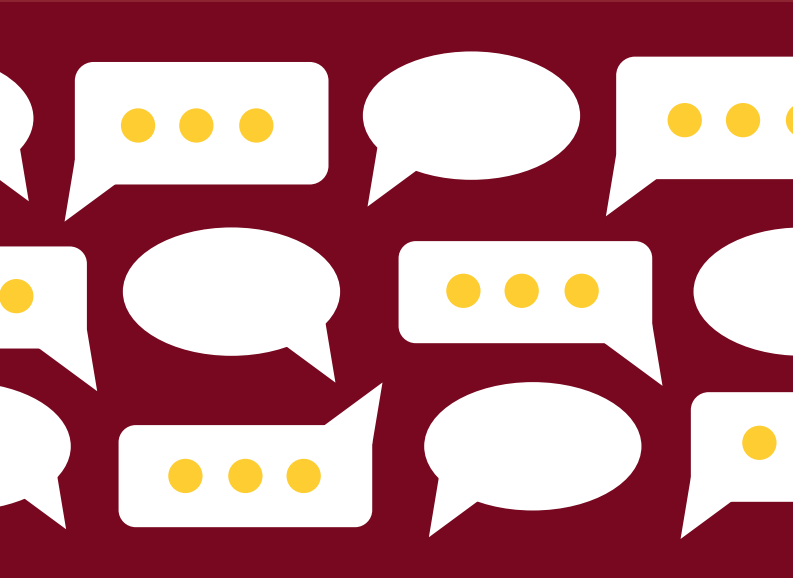


# Talking to Your Doctor



**MASONIC CANCER CENTER**

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UNIVERSITY OF MINNESOTA

**Office of  
Community Outreach  
& Engagement**

In today's digital age, patients are taking greater control of their health than ever before. With the simple click of a mouse, patients have a wealth of information available at their fingertips. Quality healthcare is a team effort and patients should be actively engaged as a member of their healthcare team. Today's healthcare teams are encouraged to:

- Embrace a patient-centered approach to medicine
- Share decision-making to keep patients informed
- Reduce anxiety and improve outcomes

Be prepared to answer questions about your symptoms, current medications, and both your and your family's medical history.

## Talking to Your Doctor



One of the best ways to communicate with your doctor and healthcare team is by asking questions. Conversing with your doctor builds trust and leads to better overall care and satisfaction.

It is good practice to prepare your questions beforehand. Here are some ideas to get you started:

- What can I do to feel better?
- When can I return to my daily routine? Work?
- Will you be prescribing medication?

## Communication



If you are prescribed a medication:

- What is the medication for and what will it do?
- Should I stop the medication if I feel back to normal?
- Are there any risks or side effects to the medication?

Medication

The more questions you ask, the more you will discover about yourself. When you know what is going on, you can take better control - today and in the future.





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Have Cancer Questions?  
Call our nurse line: 612-624-2620  
or email [ccinfo@umn.edu](mailto:ccinfo@umn.edu)