

The Right Questions to Ask Your Doctor

If you ask the wrong questions at your next health checkup, you won't get the right answers. And although your doctor may seem rushed at times, it's important to feel like you're being heard and that all your questions are answered.

That's why you should come prepared with a list of questions. What questions should be on your list? Here are a few you may want to ask at your next appointment.



Family History

Q: My family member has a newly diagnosed condition. Does that affect my health risk?

If your close relatives have been diagnosed recently with new conditions, your doctor may recommend healthy lifestyle changes to reduce your risk or recommend screening tests.



Changes in Your Health

Q: Since my last checkup, I have noticed a change. Should I be concerned?

Important changes to mention may include:

- Anxiety
- Body weight
- Depression
- Distress
- Dizziness
- Eating habits
- Lumps
- Pain
- Problems with stool, urine or menstrual cycle
- Skin changes
- Sleep issues



Screenings and Vaccinations

Q: Am I due for any screening tests? I've heard about a new vaccine—does it apply to me?

It may be time for a mammogram or for blood work to screen for heart disease risk. It's important to keep vaccinations up to date. You may need a booster shot to protect against measles, mumps and rubella, or you may benefit from the new shingles vaccine.



Medications

Q: What medication are you prescribing? Why do I need it?

Find out the name of the medication, how it works, how often you should take it and any side effects that may occur.

What's in Your Genes?

Learn how to collect your family health history and why it matters by visiting [cdc.gov/features/familyhealthhistory](https://www.cdc.gov/features/familyhealthhistory). Click on "My Family Health Portrait" for a free online tool to help.