

# SPEAK UP TEAM UP FOR YOUR HEALTH

Appointment Date: \_\_\_\_\_



You might be surprised how important it is to talk with your doctor about potential side effects. Your doctor wants to know how you're feeling. This will help you and your doctor find a treatment option that may be right for you. It may help you to keep a daily journal to remember things you want to bring up.

Keep the lines of communication open. This worksheet can help. Fill out a new copy before every doctor visit and bring it along.

## SET UP

Taking some time to prepare for appointments can help you get the most out of every doctor visit.

Start by thinking about how you've been feeling lately:

Very Good

Good

Okay

Bad

Very Bad

**Finding a treatment that's right for you is important.**

Check the statements below that you may want to share with your doctor:

- I want to talk to my doctor about my daily schedule.
- I want to review all the medications I'm taking, including prescriptions, over-the-counter medicines, vitamins, and herbal supplements, to see if they affect each other.
- I have a personal history or a family history of heart problems, obesity, drug or alcohol abuse, liver disease, mental health issues, kidney disease or sexually transmitted disease.

These are the things my doctor needs to know about in order to help me.

## SPEAK UP

Your doctor wants to hear how you're feeling and what's going on in your life. Here are some additional things you might want to talk to your doctor about:

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|--|--|
| <input type="checkbox"/> Diet                | <input type="checkbox"/> Work life ( <i>daily commute, daily schedule, work environment, loss of job</i> ) |
| <input type="checkbox"/> Exercise            | <input type="checkbox"/> Social life ( <i>travel, relationships</i> )                                      |
| <input type="checkbox"/> Smoking             | <input type="checkbox"/> Home life ( <i>family issues, recent moves</i> )                                  |
| <input type="checkbox"/> Alcohol consumption | <input type="checkbox"/> Other _____   |
| <input type="checkbox"/> Stress              | _____  |
| <input type="checkbox"/> Other _____         |  |

## SPEAK UP (CONT'D)

Remember, your health care team needs to know how you're feeling and if you are having any symptoms, even if they don't seem like a problem. This information can help your team better manage your health.

Mark those symptoms below, or write them in the "Other" space so you can remember them during your next appointment.

- Fatigue or low energy
- Feeling sad or depressed
- Feeling nervous, irritable or anxious
- Trouble falling or staying asleep
- Dizziness or lightheadedness
- Trouble remembering
- Problems having sex
- Thoughts of harming yourself\*

- Headache
- Cough or trouble breathing
- Fevers, chills or sweats
- Muscle aches or joint pain
- Rash
- Yellowing of the skin and/or eyes
- Loss or changes in appetite
- Nausea
- Vomiting
- Diarrhea

- Stomach ache
- Weight changes
- Other

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\*If you're having thoughts of harming yourself, talk to your doctor right away. Don't wait for the next visit.

## TEAM UP

Your doctor is there to answer your questions. The better informed you are, the better the partnership can be with your doctor. So ask anything.

Here are some ways you can start the conversation:

- Are there lifestyle changes I should make?
- I'm worried that I might be having a side effect from my medicine (over-the-counter, prescription, herbal supplement, vitamins)
- What do I need to know about taking my HIV medicines?
- I know that HIV and HIV medicines can affect my overall health. How am I doing? Have there been any changes in my lab tests (viral load, CD4, cholesterol, liver function)? If so, what are they and what do they mean?
- What should I do before my next visit?
- Add your own questions:

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**Remember:** Your doctor is the expert on HIV. You're the expert on how you feel. Working together can help you make sure you're doing everything you can to take care of yourself.