

READ THIS BEFORE YOU GO TO THE DOCTOR

"Dr. Bragg has provided excellent care for my patients in treating their spinal and orthopedic problems for nearly twenty years. *Secrets to Maintain a Healthy Back* is an easy to read book which gives excellent strategies to effectively treat back pain without surgery. I highly recommend it."

—**JAMES NEWBY, MD**, Family Practitioner

KNOCK OUT PAIN

SECRETS TO MAINTAIN A HEALTHY BACK

BRAGG



KNOCK OUT PAIN[®]

*Secrets to Maintain
a Healthy Back*

WINIFRED BRAGG, MD



ABOUT THE AUTHOR



Dr. Winifred Bragg is a nationally recognized speaker, board-certified physician, business owner and the Creator of The BraggFactor®.

Dr. Bragg has appeared in numerous TV and print media programs. She's been published in *Redbook*, *Woman's World* and *Self Magazine*, and her online articles have had tens of thousands of views.

Dr. Bragg's first book "KnockOutPain®: Secrets to Maintain a Healthy Back," was an Amazon Best-Seller—

<https://www.amazon.com/KnockOutPain-Secrets-Maintain-Healthy-Back/dp/0997008202>

She has given workshops at Fortune 500 companies and numerous universities.

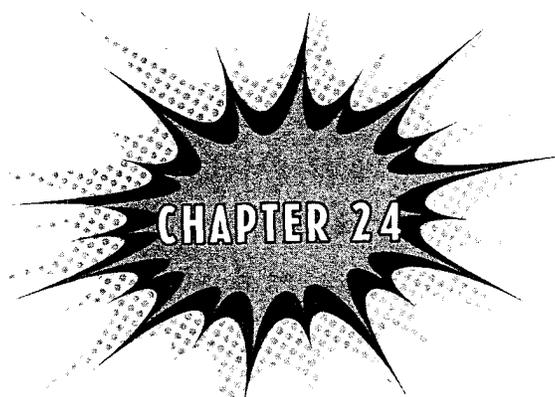
You can contact her at info@knockoutpain.com

Who will benefit from this chapter?

If you want to dramatically and immediately improve your interaction with your doctor, this chapter from my book will work if you follow these nine steps.

Make sure you communicate concisely and clearly what you need.

Email me and let me know what worked for you
@info@knockoutpain.com.



Help the Doctor to Help You

Never go to the doctor and say, “It just hurts.” You need to learn how to tell your doctor where it hurts.

NINE STEPS TO A MORE EFFECTIVE VISIT WITH YOUR DOCTOR

These nine steps should help make your next visit with your doctor more effective and efficient. Health care is undergoing major changes, and doctors

are challenged to see more patients and to complete more paperwork in the same amount of time.

Therefore, patients today must be armed with information when they arrive for their doctors' visits. By bringing this nine-point checklist with completed information to your next doctor's visit, you will ensure that your time with your doctor was well spent. A little preparation will save you from wasting time and allow your doctor to spend more time focusing on you. It will also enhance the communication between you and your doctor. Take my advice and don't leave home without your checklist and these nine items:

1. Your insurance card and a photo ID. Inform the staff of changes in address and phone numbers. All patients need to understand their insurance coverage. Everyone needs to know their deductibles and copays. A lot of time is spent gathering this information, so be sure to provide accurate information to reduce your waiting time in the doctor's office.

2. Names, phone numbers, and dates of treatment by other health care providers or health care facilities (i.e., urgent care centers or emergency rooms) where you have been treated since your last visit. Gathering medical information can be a time-consuming process; the more accurate information you provide, the less time you will spend in this information-gathering process.

3. List of tests done since your last visit, including the name of the facilities where the testing occurred, and the dates of the tests. Bring test results with you to your appointment. This will greatly reduce the time you will spend waiting on test results.

4. List of all current medications (include prescription drugs, over-the-counter medicines, and vitamins and supplements). Be sure to list the name of each medicine, dosage, and number of times you take the medicine each day. Include any allergies to medications, foods, or other products.

5. List describing any side effects of newly prescribed medications. This can include things like nausea, dizziness, constipation, and so on.

6. Statement describing your primary problem. Before you leave home, write one sentence describing the primary reason you want to be seen. In your own words, describe the symptoms of the main problem you want evaluated during your appointment. This will help with your discussion with your doctor.

You need to clearly describe the problems you are experiencing. Ask yourself: When did my problem start? How often does it occur? What makes it better or worse? If your problem causes pain, describe the pain. For example, merely saying, "My back hurts:" does not give the doctor enough information to determine your diagnosis. Be specific to better assist your doctor in taking care of your needs. Doctors want to help you; however, you need to provide specific information to assist the doctor in the process.

7. Tell the receptionist about multiple problems. If you have several problems, you need to make sure you express this clearly when your

appointment is initially made with the receptionist. This will allow the staff to schedule a longer appointment for your visit. Otherwise, if you make an appointment for one problem and you want to discuss several problems, the office might ask that you arrange a follow-up for additional concerns.

When you want to discuss multiple problems, it is *extremely* important that you bring a written statement describing each problem-discussing the symptoms as indicated in point number 6 so you can discuss this information with your doctor. This will greatly help the doctor and the staff in taking care of you.

8.A concise list of questions. Think about the questions you have for the doctor before you leave home. Ask your questions while the doctor is in the examination room with you. Once the doctor has started examining another patient, it is difficult for the doctor to return to your examination room.

Creating your question list before you leave home should increase the likelihood that you receive answers to your concerns in a timely manner.

General or routine questions can be answered by staff while waiting on the doctor.

9.Pen and paper. This will allow you to make a note of any advice or information that your doctor gives you. Write down your

diagnosis; this will allow you to read about your condition on your doctor's website.

Be sure to bring your nine-item checklist to your next doctor's visit. Each time you return for follow-up visits, continue to update your checklist to ensure that you make the most out of your doctor's visit. Bring your checklist to all your doctors' visits. Your good health is the mutual goal of the patient and the physician. Remember: preparation before your office visit can save you time in the doctor's office and lead to a more effective and efficient visit with your physician. Take my advice: don't leave home without your nine-point doctor visit checklist.

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