Glimpse into Wellness Wednesday – week 10 2014

My tip this week for Wellness Wednesday is to keep a book tracking all your medical visits, results, symptoms, and plans.





As I wrote yesterday here, it is so important that you be your own advocate when looking for the best options and answers for your health. Professionals in the health care setting are (mostly) amazing, but they are only human. When you see multiple doctors, it is easy for things to be overlooked. If you keep track of everything that is going on, you can make sure that the required tests are ordered, the results are reviewed, relevant people know about your symptoms and so on.

Ask for copies of results and summaries, and keep an up to date record of each medical visit or new development. It doesn't need to be anything fancy; just a few sentences or dot points detailing what occurred. I know that when you are sick doing something like this is easier said than done, and I have let mine slide a few times, but trust me, you will be thankful that you took the time to keep track.

