

# How to have “the talk” with your doctor and what to ask them.

Talking to a doctor can be tough, but it’s important. You need to be super honest about what’s going on, how you’re feeling and how it’s affecting you ... even when you’re bringing things up like periods or diarrhea. That’s what the doctor is there for.

## It’s all about you

Once you’ve made your appointment, there are a couple of key things to remember. While your doctor has lots of knowledge, the person who has the most background and info about your body is you. It pays to think about [all your symptoms](#), even going back to when you think you started feeling off. And if it helps you talk about it more, write it down, make a list in your phone, text it to yourself ...

Just don’t decide to gloss over things once you’re there. And make sure you’re specific. Don’t just say, “Oh, I have cramps.” Say something like, “I have sharp stabbing pains in my lower right side near my intestine.” Don’t worry about sounding dramatic; the more specific you are, the more the doctor will understand you. This is one time where it’s 100% A-OK to make the conversation entirely about yourself.

60% of women won’t talk about their periods, even with their family.<sup>1</sup>

<sup>1</sup>The Endometriosis Foundation of America. Endometriosis A-Z. Endometriosis Foundation of America website. Available at: <https://www.endofound.org/endometriosis-a-to-z>. Accessed February 24, 2020.

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“Don’t assume because one doctor told you something, it’s true.”

Advice from our women in the know

## And another question ...

After you [talk about all your symptoms](#), some things you might want to bring up are:

- What types of treatment are out there?
- Do you recommend a specific treatment for me?
- Are there side effects to the treatment?
- What about lifestyle changes?
- Can changing my diet help?
- What will happen if I do nothing?
- What if I don’t feel better with treatments?
- What else can I do?
- How can I better manage my pain?
- How can I feel better on a day-to-day basis?

If you leave your appointment feeling like you didn’t get what you needed, mention it to your doctor. If they don’t seem receptive, you can always see someone else. Look for another gynecologist or doctor who has treated other patients with endometriosis or uterine health conditions.

It’s important to **talk about all the things bothering you**, so your doctor understands the entire picture.

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