

# Don't be afraid to ask your doctor these questions during your physical exam.

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## **What do the numbers on your test results mean?**

When your doctor rattles off numbers like your cholesterol level or BMI, it can feel like a math lecture. But these numbers aren't just data—they're actually a reflection of your body's health. Ask your doctor to break down what each number really means for you. For example, the American Heart Association emphasizes that understanding your cholesterol level can help you make lifestyle choices that reduce your risk of heart disease.

Instead of nodding in agreement, figure out what those numbers mean for your daily life. Are any of them something you should be concerned about or just pay attention to? How are they different from your last checkup? Understanding your numbers can help you make informed decisions about your diet, exercise, and more. After all, knowledge is power, especially when it comes to your health.

## **Are there any moles on your body that you should worry about?**

Our skin can be a mystery to us, with spots and moles appearing over time. While most are harmless, some can signal a more serious problem. Ask your doctor to take a closer look at any spots or moles that change in size, shape, or color. Monitoring your skin can be important for spotting potential risks early. Reporting these concerns to your doctor is a proactive way to ensure they don't go unnoticed.

Having a doctor evaluate your moles may seem a little over-the-top, but skin health is an important part of overall health. Plus, you can monitor your own health. Your doctor can tell you what to look out for and how often to check. Regular self-exams are a good habit.



### **Is there anything I should be aware of in my family history?**

Discussing your family history with your doctor can give you a glimpse into potential health risks. Dr. Christine Albert, chief of cardiology at Cedars-Sinai, points out that family history is a strong predictor of conditions like heart disease. Knowing your family history can help your doctor make recommendations about screenings and lifestyle changes.

Start by sharing any known medical conditions that run in your family, such as diabetes, cancer, or heart disease. This knowledge can equip you and your doctor with the knowledge needed for care and prevention. It can even influence decisions about medications, lifestyle choices, and screenings.



## Why am I always tired?

Feeling constantly exhausted is a sign to watch out for. Chronic fatigue can have many causes, from poor sleep habits to underlying medical conditions. Discussing the issue with your doctor can help identify areas that need improvement. They may recommend tests to rule out conditions like anemia or thyroid problems. Your energy levels are an important indicator of your overall health, and they should be taken care of.

Talking about fatigue can also lead to practical solutions like adjusting your diet, exercise, or sleep habits. Sometimes, small changes can make a big difference in how you feel. Your doctor can provide guidance tailored to your specific needs and lifestyle. It's not just about getting more sleep; it's about understanding the root cause of your fatigue. Addressing the problem head-on can dramatically improve your quality of life.

## Is my mental health at normal level?

Mental health is just as important as physical health, but it is often overlooked in health check-ups. After all, the brain is part of the body and deserves careful care. Discuss any symptoms such as anxiety, depression or stress with your doctor. A study published in The Lancet Psychiatry found that discussing mental health with a professional can significantly improve outcomes. Your doctor can guide you to good habits or refer you to a specialist if needed.

Don't be afraid to talk to your doctor about mental health. Doctors aren't just there to treat physical illnesses; they're also a resource for your emotional health.

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