

Mayo Clinic Minute

Honesty is key for checkups

	AUDIO
	Tops on the list of suggestions for becoming a better patient: Don't let embarrassment get in the way of honesty.
Title: Tina Ardon, M.D. Family Medicine Mayo Clinic	"It starts when a patient calls our office to schedule an appointment."
Graphic: Be specific	Family medicine physician Dr. Tina Ardon says you should be as specific as possible when explaining why you'd like to see a doctor.
Tina Ardon, M.D.	"It helps to make sure we know how quickly we need to see the patient, how much time we may want to allot – knowing that certain symptoms or complaints may deserve more time."
	Continue the openness during the appointment.
Tina Ardon, M.D. Graphic: Be truthful	"Be very honest with your doctor when we're asking questions during the office visit, too."
	Don't fudge on answers about things like medications, alcohol use, sleep habits and exercise routines.
Graphic: Be inquisitive	And be inquisitive. Just like your health care provider, take notes, and ask follow-up questions about anything that's unclear.
Tina Ardon, M.D.	"Those types of issues are best handled in the office, where we can talk face to face and ask the appropriate follow-up questions."
Graphic: Be accountable	Finally, be accountable, and follow the plan you've created for living a healthier life. For the Mayo Clinic News Network, I'm Jeff Olsen.