



TELLING THE DOCTOR ABOUT “HOW YOU ARE DOING”

It is important to tell your doctor about **your lifestyle, all of your symptoms and all your prescription and non-prescription medications.**

Mention how you think your symptoms affect both your physical and your mental functioning, as well as your quality of life. Let your doctor know if you are experiencing any of the following:

- Depression – feeling sad or blue
- Anxiety – nervousness or restlessness
- Fatigue – decreased energy without being sleepy
- Lack of general well being or comfort
- Cough
- Constipation
- Nausea or vomiting
- Lack of appetite
- Insomnia
- Shortness of breath
- Pain

Tell your doctor what you like and don't like about your treatments and care.

If attempts to treat your symptoms have been less than successful, ask your doctor if a specialist could help. **Palliative care specialists are specifically trained to manage symptoms and are appropriate at all stages of a serious illnesses.** You can ask about receiving palliative care services in your home through a Certified Home Health Agency (CHHA).