

## To Tell My Doctor

(A Tool for effective doctor patient communication)

Name: \_\_\_\_\_

Hello Doctor,

This is to tell you that

I am here today because I am suffering from

(i) \_\_\_\_\_ since \_\_\_\_\_

(ii) \_\_\_\_\_ since \_\_\_\_\_

(iii) \_\_\_\_\_ since \_\_\_\_\_

I was fine till \_\_\_\_\_. It initially started (describe the course of events here)

\_\_\_\_\_  
\_\_\_\_\_

I find that following things aggravates the trouble: \_\_\_\_\_

\_\_\_\_\_

I feel better when I \_\_\_\_\_

\_\_\_\_\_

I also have (another disease/medical condition) \_\_\_\_\_

My recent life-changing events are \_\_\_\_\_  
(loss of relative; divorce, job loss etc)

Relatives who have similar problems are \_\_\_\_\_

I am currently taking these medicines \_\_\_\_\_

\_\_\_\_\_

I am allergic to \_\_\_\_\_

My habits (including smoking/ drinking or lifestyle issues) \_\_\_\_\_

I feel that all this is happening to me because of \_\_\_\_\_

\_\_\_\_\_

I am worried about \_\_\_\_\_

I would like you to know about following (Enlist questions in your mind)

\_\_\_\_\_

\_\_\_\_\_