

# Doctor Visit Book

## Questions or concerns you have for your doctor:

1.

2.

3.

## Discuss these important topics:

### Falls

Have you fallen since your last visit?

### Physical Activity

What's the right amount for you?

### Bladder

Have you had any issues with bladder control?



Any other health or life changes since your last visit?

## Review your medications with your doctor:

Ask your doctor to review any prescriptions, over-the-counter medicines, vitamins, and supplements you currently take. Bring your medications to your appointment or list them below.

### My medications:

1.

2.

3.

4.

5.

6.

## Notes from your visit:

Review your notes at a later date or share with a loved one or caregiver.

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