



pH PATIENT ADVOCATES

BYOA “How to Talk to Your Doctor” Guide

Welcome to your personalized Be Your Own Advocate (BYOA) “How to Talk to Your Doctor” guide. This guide was developed specifically for you by our pH Patient Advocates health care professionals based on the information you gave us in your health and lifestyle questionnaire. Review it carefully and take it with you to your next annual physical or doctor’s appointment which, based on the information you gave us, will be during the next few months. This is only a guide, so feel free to talk with your doctor about contents in any order you’d like. You may also want to share a copy with your doctor to help make your conversation with him/her more productive. As always, feel free to get in touch with our member services team via email at pHPatientAdvocates@phlabs.com or call us at **855-745-2271** if you have any questions. We look forward to hearing from you.

Talk to Your Doctor About...

Stress & Diabetes



You told us that you have diabetes and that you are following your doctor’s advice about exercise and diet. You also mentioned that you have several key stress factors in your life, including a recent job change and your concern over your son’s addiction recovery. Recent research is showing that psychological stress can negatively affect blood glucose control. When you’re stressed, whether physically or emotionally, your blood sugar levels rise. So in addition to what you are already doing, stress management needs to be part of your toolkit. There also are tests your doctor can do to help determine your levels of stress and what impact they may be having on your diabetes.

Recommendations:

1. You should talk to your doctor about how the stress in your life can worsen your Type 2 diabetes.
2. Talk with your doctor about stress management techniques that would be appropriate for you.
3. There also are tests such as measuring your “X” levels which your doctor can do to help determine your levels of stress and what impact it may be having on your diabetes.

Notes:



Supplements & Prescription Medications



Like more than half the people in the United States, you are taking a variety of dietary supplements to help be your healthiest including supplement "Y." You also told us that you're taking "X" medication to help manage your blood pressure and anxiety. Since "Y" supplements and your "X" medication can interact in unexpected and sometimes dangerous ways, it is very important that you discuss this with your doctor.

Why would you hesitate to disclose your supplements with your physician? There are many reasons, including your doctor may not approve of your use of supplements, you are wondering if your doctor understands supplements or you just forgot. Rest assured that whatever your reason may be, it is important that you talk with your doctor about them.

Recommendations:

- 1. You should talk to your doctor about the supplements you are taking and whether they interfere with your current prescription medications.
- 2. Tell your doctor about all dietary supplements you are taking.
- 3. Ask your doctor about potential interactions with any new medications he/she may prescribe.

Notes:

Depression as Side Effect of Medications



It is possible that your doctor may prescribe new medications to you during your upcoming visit or that he/she will change the medications you are currently taking for high blood pressure and anxiety. It is important that you know that in addition to other side effects, a depressed mood is a common side effect of medications. It is important to watch out for it, especially because it might not be obvious right away.

If you have ever had clinical depression (meaning more than two weeks of symptoms including lack of interest in usual activities, feeling down, sleeping and eating a lot more or less, feeling "like a robot without batteries," anger or crying spells), you should discuss this with your doctor. He/she may ask you to write down how you feel in a notebook on a daily basis for a month while you start the new medications to allow enough time for you to gauge whether there is a change.

Recommendations:

- 1. You should talk to your doctor about switching your current medications.
- 2. Ask your doctor about any potential impact on mood/depression of medications you are taking or he/she wants to prescribe.
- 3. Ask your doctor about what you should look for and alert him/her about.

Notes: