

Senior health questions to ask your doctor

You may wish to print this sheet and take it with you to your next doctor visit as a reminder of important questions to ask about aging.

General Questions

Notes

What kinds of medical tests do I need now, and which will I need in the coming years?

What are these tests looking for? Will I need to get them more than once?

How often?

Does my medical or family history put me at greater risk for any particular condition in the future?

Am I getting enough exercise to maintain my good health?

What kind of exercises am I missing? What are the best ways to implement new exercises into my daily routine?

How is my current diet impacting my health? Are there any glaring issues I should focus on?

How does alcohol, cholesterol, water, and fat consumption affect my health?

Am I getting enough essential nutrients through my diet? If not, what should I change to improve?

What are my best options for care/assisted living now and/or in the future?

When should I start planning for how I will take care of myself

(or a loved one) in the future?

When should I start planning for end-of-life care for myself

(or a loved one)?

What is the difference between palliative care and hospice care? Which may be the better choice for me (or a loved one)?