

Five Topics to Cover at Your Next Doctor Appointment

Health and wellness is all about prevention, when possible. As you age, it is especially important to try to reduce the number of unexpected emergency room visits or medical crisis situations. These situations are not only scary for you and for your loved ones, but can also be the source of more chronic conditions. An important piece of your health and wellness puzzle is keeping up with your regular Geriatrician appointments.



For your annual check-up, make the most of your time with your doctor by coming prepared with questions or concerns that you want to cover. Whether you are preparing for your own Geriatrician appointment, or coordinating the appointment for an aging loved one, consider adding these topics to your conversation list.

Daily Exercise

Talk to your doctor about your regular exercise habits and whether you should consider modifying those for your continued health. You don't necessarily need to be a marathon runner to be healthy (though that is great, if you are!), but you do need to incorporate regular movement into your daily routine. Talk to your doctor about what your exercise regimen looks like, and if that routine is sustainable with your current medical situation. Your doctor might recommend more movement if you are more sedentary than preferred, or she might suggest some exercises that are more low-impact than your current routine. In any case, take those considerations to heart and ask for help if you aren't sure how to get started with this new, or modified, direction.

Diet Recommendations

You truly are what you eat, especially as you age. To decrease your chance of stroke, other cardiovascular issues, or even dementia, what you eat can make a major difference. At your checkup, talk candidly with your doctor about your food intake and ask for recommendations based on your current situation and medical conditions. Your doctor might ask that you increase your calorie intake or that you consider cutting out red meat. Talking about major dietary changes can feel

overwhelming, so combat that feeling by asking for an appointment with a dietician to help with recipe creation or for recommendations for a healthy cooking class at a local hospital.

Peer Support

Much of your emotional and intellectual health relies on your friendships and socialization opportunities. Talk to your doctor about any feelings of loneliness or depression. Work together to develop a plan for increased socialization opportunities, or for a referral to a senior case manager to assist with the task.

Local Resources

Speaking of local resources, be sure that you touch on that topic during your yearly checkup. Ask if there are any new senior resources available through the doctor's office or through the hospital. This is also a great time to talk to the office's nurse practitioner or social worker to get referrals for your specific interests, preferences, or needs.

More Assistance

Finally, talk about the benefits of in-home assistance or about any worries you have about starting a relationship with an in-home provider. Your doctor can tell you benefits that are specific to your situation, as well as recommend what to look for when searching for a provider.

Need some help with staying active, eating well, making friends, or driving to social opportunities? Our team offers a variety of services and would be honored to work with you to develop a personalized plan of care. [Give us a call](#) to set up a consultation so that we can learn more about your situation.

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