

# 10 ESSENTIAL QUESTIONS TO ASK YOUR DOCTOR

**Your voice is your most powerful tool! You can take control of your health by being a self-advocate at the doctor's office. Be empowered to ask the right questions to make informed decisions and ensure your concerns are heard. Remember, no one knows your body better than you!**

## 1. Based on my age, family history, and lifestyle, what screenings or tests should I prioritize for my health?

Helps you take proactive steps tailored to your unique risk factors and enables customized preventive care beyond standard protocol

## 2. Are there any findings in my recent lab results or check-ups that we should monitor closely?

Gives you a clear understanding of what deserves your attention and follow-up while flagging early indicators of potential conditions and supporting timely intervention.

## 3. Are there any trends or changes in my health data that have been different since my last appointment?

Keeps you informed of long-term patterns that could signal emerging issues and helps evaluate the progression or regression of health markers over time.

## 4. How does this result compare to what's considered healthy for someone my age?

Allows you to contextualize your results with realistic, age-specific benchmarks and enhances communication by aligning health expectations to age and population norms.

## 5. If this result is borderline, what lifestyle or medication adjustments might be beneficial?

Gives you the chance to make manageable changes before more serious intervention is needed to encourage shared decision-making and early, non-invasive course correction.

## 6. Are there any alternatives to this medication that I should consider?

Helps you understand your options and choose treatments that align with your preferences and ensures treatment plans are realistic, sustainable, and tailored to your life.

## 7. What are the known side effects of this medication?

Keeps you aware of what to look out for, reducing anxiety and improving safety while setting the foundation for informed consent and improving treatment adherence.

## 8. Will this medication interact with any other drugs I'm currently taking?

Prevents harmful interactions that could compromise your health, which is vital for managing polypharmacy and reducing risk across care teams.

## 9. Are there other specialists, screenings, or support services I should consider based on my current health status?

Broadens your support network and access to comprehensive care while facilitating collaborative care and referrals that enhance outcomes.

## 10. Based on this medication, what signs or symptoms should prompt me to contact your office sooner?

Gives you clear guidelines on when to take action, seek help, and reduce emergency visits by ensuring timely, informed communication.



**PRO -TIP: DOWNLOAD AND BRING THIS LIST TO YOUR NEXT APPOINTMENT.**

ASK BOLDLY. TAKE NOTES. YOUR HEALTH IS YOUR POWER.



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