

Pre-Reading Discussion: What questions do health professionals ask you when you call or visit them? Do you give them complete answers?

Reading Passage Section 8: Talking To Health Professionals

To make good health decisions, you need to know how to talk with health professionals about your health needs.

When you call or visit health professionals because you are sick or in pain, they will ask you about your problem. You need to be able to answer these questions:

- “When did your problem begin?”
- “What are your **symptoms**?” (For example, headache, sore throat, fever, or other health problems.)
- “Are you having trouble breathing?”
- “Where do you feel the pain?”
- “How would you describe the pain?” (For example, is it sharp, burning, or a dull ache?)



The health professional might also ask you:

- “Have you ever had this problem before? If you have, how was it treated?”
- “Do you have any other health problems?”
- “Are you taking any medications?”
- “Does anyone else in your household have this problem?”

You don't have to wait for a health professional to ask questions. You know important things about your health. Tell health professionals what you think they need to know. It is important to tell your health professional personal information. Share this information even if it makes you feel embarrassed or uncomfortable.
