

Frequently asked questions

How do I prepare for a doctor visit?

Make a list before your appointment of all the questions you want to ask. What are your health goals? What symptoms do I want to tell my provider about? Are there any other problems or concerns I want to bring up?

How should I remember what the doctor told me during my visit?

Bring along a pen and notepad to write down what the doctor tells you. It's also helpful to repeat what you hear the doctor saying. By writing and repeating the information, you're more likely to remember what's been said.

What do the blood pressure numbers mean?

The top number represents the pressure when the heart beats. The bottom number indicates when the heart is at rest.

Is my waist circumference really an indicator of poor health?

Potentially, yes. Your waist circumference is an indicator of abdominal fat. A larger waist increases your risk for type 2 diabetes, high blood pressure, high cholesterol and heart disease.

