

# Doctor Visit Checklist



## How To Get The Most Out Of Your Doctor Visit

### Condition: Chronic Stress

#### Symptoms I am experiencing:

*Circle all that apply*

- Frequent headaches
- Frequent jaw clenching
- Stuttering or stammering
- Trembling of lips or hands
- Neck ache
- Back pain
- Muscle spasms
- Lightheadedness, faintness, or dizziness
- Cold, sweaty hands or feet
- Dry mouth and trouble swallowing
- Frequent colds, infections, or other illnesses
- Unexplained or frequent “allergy” attacks
- Constipation
- Diarrhea
- Difficulty breathing
- Sudden attacks of life threatening panic
- Chest pains, palpitations, rapid pulse
- Diminished sexual desire or performance
- Excess anxiety, worry, guilt, or nervousness
- Depression, frequent or wild mood swings
- Change in appetite, increase or decrease
- Insomnia, nightmares, or disturbing dreams
- Forgetfulness, disorganization, confusion

#### Frequency Of Symptoms

*Write symptom + frequency you experience it*

A large, empty light gray rectangular box provided for the patient to write down the frequency of each symptom.

### **I have treated/managed symptoms**

*Explain any medications you have used, lifestyle treatments, natural remedies*

### **Family History**

*List any family members/relatives who have conditions related to stress*

### **Other Medications I Am Currently Taken Not Related To Stress**

*List them here*

### **Questions I Have For The Doctor:**

Question, Notes

- Do you think I have chronic stress?
- What are your initial thoughts regarding my symptoms?
- What other conditions might cause the symptoms I have?
- Is there a link between chronic stress and other diseases? What other diseases?
- Does chronic stress cause high blood pressure?
- Can medication help manage my stress level?
- How concerned should I be about my symptoms?
- What are some ways I can minimize my symptoms?

- What techniques can I use to handle my symptoms?
- How can I eliminate stress from my life?

### **Possible Diagnostic Tests**

- Blood tests
- Physical exam
- DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition)
- Self-rating scales
- Questionnaires