

How to advocate for yourself at the doctor



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Get ready for your doctor's visit by preparing goals for the visit and questions for the doctor.



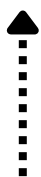
If you have a specific concern or symptom, create a symptom log days before the visit to show to the doctor.



Bring a trusted companion for support, if needed.



Make notes during your appointment or ask the doctor if you can record an audio of the visit.



Consider submitting a formal complaint.



If you don't feel respected by your doctor, consider changing doctors if it is possible.



Trust your gut about how you're feeling and what you need.



Ask the doctor to explain their decisions or ask them questions.



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