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HEALTHY CHOICES FOR MIND AND BODY

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Getting the Most Out Of Your Doctor #2: by Ann Gerhardt, MD (08/2005)

Take a list to each doctor's visit of all the medically active substances that you put in your mouth, into any orifice or on your skin. Prescription drugs, vitamins, minerals, amino acids, nutritional supplements, herbal remedies, medicated creams, special teas, alcohol, recreational drugs, tobacco, enemas, homeopathic remedies and over-the-counter medications, drops and powders all qualify as medically active. This aids the doctor and helps you to decrease the risk of drug interaction, duplication, and over-prescribing. Give your doctor as much information as possible, so he/she can do a good job for you.