



Kansas City
Public Library

September

kclibrary.org

health@kclibrary.org

816.701.3672

Make Every Minute Count: Your Guide to a Better Doctor's Visit

Doctor visits can feel overwhelming, especially when time is short and health concerns are complex. A little preparation can make your appointment smoother and more effective.

Beginning of your visit:

- State your main concern first.
- Bring a list of medications, past health issues, and any recent changes.
- Share important family and lifestyle history.
- OLDCARTS: A Simple Tool to Explain Your Symptoms

Middle of your visit:

- Speak openly: "Can I share my thoughts with you?"
- Ask questions if you don't understand.
- Write down the doctor's instructions and repeat them back to confirm.

End of your visit:

- Know your next steps and confirm understanding
- Ask how to follow up or communicate with your provider.

Check out the full handout at
kclibrary.org/health

*The Political
Determinants
of Health*



Daniel E. Dawes
Foreword by
DAVID R. WILLIAMS

Check out
our book
of the
Month!

OLDCARTS

O

Onset

When did it start?

L

Location

Where is the pain?

D

Duration

How long does it last? Has it changed?

C

Character

What does it feel like (harp, dull, throbbing)?

A

Associated Symptoms

Any other symptoms?

R

Radiation

Does it spread to other areas?

T

Treatment

What makes it better or worse?

S

Severity

On a scale of 1-10, how bad is it?



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Health and Wellbeing Events

Central		Irene H. Ruiz	Lucile H. Bluford	
 *Midday Moving Meditation 9/4, 9/18 12-12:30pm		 Yoga Every Thursday, 9:00-10:00am		 *200 Tough Workout Every Tuesday, 6pm-7pm
 *NAMI Connection: Recovery Support Group Meeting 9/8, 1-2:30 pm				 Community Health Fair 9/16, 10am-2pm
				 *MixxedFit Every Thursday, 6-7 pm
North East		Plaza		Southeast
 *Yoga Every Thursday, 6:30-7:30pm		 *Fire Cider/Elderberry Syrup 9/3, 6:30 pm		 *Mindful Matters 9/9. 11:00am-12:00pm
		 *Death Cafe 8/10, 7-8 pm		 Tai Chi Every Thursday, 11:00 am
		 Sum Tai Chi & Qi Gong Every Sunday, 11:15am		 *Medicare & You 9/15, 1-2 pm
Waldo		Sugar Creek		Trails West
 *Senior Chair Yoga Every Tuesday & Friday, 1:30-2:10pm		 **Understand Alzheimer's Series Every Monday, 3:00 pm		 **Understand Alzheimer's Series Every Thursday, 3:00 pm
 MixxedFit Class Every Monday, 6-7pm				
Westport				
 *Tai Chi Every Tuesday, 12-1 pm		<p>**RSVP requested at kclibrary.org *Events intended for those 18 and older Programs at the Kansas City Public Library are appropriate for all ages unless otherwise indicated. Please contact the library at least three days in advance for ADA accommodations at 816.701.3409 or ADA@kclibrary.org (866.520.7309 for Spanish).</p> <div> Kansas City Public Library Community Learning Specialists</div>		
 KC Care Clinic Every Tuesday, 12-5 pm				