

September

kclibrary.org

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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

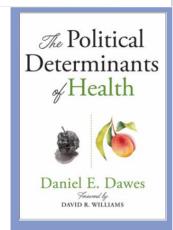
Middle of your visit:

- 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 kelibrary.org/health



Check out our book of the Month!





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Health and Wellbeing Events

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