

## GETTING THE MOST OUT OF YOUR DOCTOR #6:

*Make sure the office tells you the results of tests.*

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This sounds logical, but it often doesn't happen. Too often the patient assumes that the office will call if something is wrong and that no news is good news. Since many of us really don't want to hear bad news, we assume the best if there is no call.

But what if the office never gets the results or they get filed in the wrong chart or mislaid? What if you are told they are normal, but there is a significant change from your previous results? For example, your norm may be at the high end of normal of the reference range, but your recent results show a drop to the low end of 'normal'. Unless someone thinks to look at your trend, the drop won't be noticed.

If your doctor orders laboratory, x-ray or other tests, the office can schedule a follow-up appointment to discuss the results. You may have to wait, but you are guaranteed an answer.

If no follow-up appointment is made, ask to be called with the results or to have them sent to you. If you don't receive them, call and ask. If the doctor is concerned that you won't know how to interpret the findings, make an appointment for a discussion. Then ask questions.

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# HEALTHY CHOICES FOR MIND AND BODY

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