

FIVE QUESTIONS TO TAKE WITH YOU

Take this with you to your next appointment with any physician, anywhere in the world. Ask the first one in the first five minutes. Let the others come as the conversation moves.

QUESTION ONE

"Did you read my complete history before today, or are you reading it now?"

Listen for: a doctor who has read it. That single answer tells you almost everything else.

QUESTION TWO

"Can you explain how my symptoms connect to each other, or does each one get treated separately?"

Listen for: pattern, not pieces. A real investigation looks at all of you.

QUESTION THREE

"Will you give me a written summary of what you think is actually driving this, what you would do next, and why?"

Listen for: a yes. The yes is the test. A written summary is what you walk away with.

QUESTION FOUR

"If your sister was sitting in this chair, with my symptoms, my history, and my labs, would you tell her exactly what you just told me?"

Listen for: a doctor who can answer this honestly is doing investigation. A doctor who flinches is reading from a category protocol. This question pulls the answer out of a textbook and into a real human's life.

QUESTION FIVE

"If what you suggest does not work the way we expect, what would you look at next?"

Listen for: a doctor with a Plan B is investigating. A doctor with only a Plan A is guessing.