

Log-Journal

Sometimes doctors need your help in order to provide the best care. Your doctor may ask you to write things down in a “log” or a “journal.”

For instance, your doctor may want to know what you eat and drink, what medications you take and when you take them, or what activities you participate in.

If your doctor asks you to keep a log or a journal more information is usually better than less.

And remember, you can fill in the information yourself, or have someone close to you help at times.