

Talking to Your Doctor About Sensitive Subjects



Overview

Sometimes you need to talk to your doctor about things that make you feel embarrassed or uncomfortable. And that can be hard. But your relationship with your doctor is personal. Your doctor knows how to discuss these things and can give you the care you need. Here are some tips to help you open up.

You aren't the only one

First, whatever's wrong, know that your doctor has most likely dealt with it before. Doctors see so many patients. Most have cared for just about everything you can imagine. So whatever you need to talk about, it most likely won't be new to your doctor.

Your doctor is there to help

Next, know that your doctor wants to help you. Finding a way to help you is your doctor's job. But your doctor can't help you unless you speak up. Being open and honest is your job.

Write it down

If you know you'll have trouble bringing up a sensitive subject, do a little preparation. Make a list. Write down your concerns. Write down whatever symptoms you're having. That way, when you're at your appointment you can just hand the list to your doctor. Writing it down can be a good way to get a conversation started.

If you can't connect

And finally, if you just can't connect with your doctor, or if you aren't happy with your healthcare provider, be honest with them. See if you can work out the problem. If you can't, it's time to find a new doctor. And that's OK.