

**Don't forget to ask important questions or share updates on your health with your doctor.**

<b>Topic</b>	<b>Date</b>	<b>Your Concerns</b>
Family Medical History Updates		
Medication Changes or Concerns		
Nutrition/Diet Changes		
Preventative Screenings		
Feeling Dizzy or Lightheaded		
Bone or Joint Pain		
Bladder or Bowel Problems		
Vision & Hearing Changes		
Recent Accidents or Falls		
Mobility Changes		
Sleeping Problems		
Mood Changes		
Problems with Memory		
Transportation Issues		
Advance Directives		
Other Concerns		

Source: National Institute on Aging. (2017, May 19). Discussing Changes in Your Health: Worksheet. Retrieved December 12, 2018, from <https://www.nia.nih.gov/health/discussing-changes-your-health-worksheet>.