

Going back to the doctor

Worried about how long it has been since you last visited a doctor? Don't be. Now is the time.

Remember this:

- **You won't get a lecture. Your doctor is not your mum, but is actually your partner in the business of keeping you healthy. You both have a role here.**
- **It's important you choose - and yes, you can choose - a doctor that you are comfortable with, that you trust and can be fully honest to. Everything you reveal or discuss is confidential.**
- **Going to the doctor costs about the same as getting a WoF on your car, and way less than say a new tyre. Don't let the fee cost your life**

The Appointment - before

- Book your appointment, and tell them how long since your last doctor visit. Make a time that works for you - some clinics work outside 9-5 timings.
- Know your and your family's health history - it can put things in context.

The Appointment - checking you out

- If it has been a while, the clinic will want to record your details (measurements, blood pressure, easy stand up stuff) and this may be done by a nurse.
- When the doctor gets down to the intimate details, remember it's their job to fix these problems so even if they sound embarrassing, you need to discuss them.
- And if your doctor suggests it, having a digital rectal exam to check your prostate is the smart move.

- Your doctor will take samples of your blood and these get checked for everything from your cholesterol levels to your PSA (prostate specific antigen).
- Results take a few days and these form your baseline results. The next time you get checked, these are compared and issues can be detected early when they can be treated.
- Most times the blood results will show you are all good and the doctor will simply say "I'll see you again next year mate." Easy huh?
- Ask questions and voice concerns as they occur. You need to understand what's happening and what the plan is and what scans/ tests you should be having .
- If you are unsure of anything or a little worried, it is cool to bring in someone else who can help you ask questions and understand it all.

Book it now, then have a check up each year - just like you do for your car.

