

Helpful Hints for Sharing Symptoms with Your Doctor

Think **STARS** for better communication with your clinician
Print and use to help describe your symptoms

Specifics — Specific location of pain and what were you doing before it started?

Treatment — Are you treating your pain by taking medication and do you know the names and doses of medication?

Associated symptoms — Are you dizzy, is there bleeding or are you nauseous or vomiting?

Relieves or provokes symptoms — What makes you feel better or worse?

Severity — On a scale of 1 to 10 with 10 being the worst, how are you affected now and at other times?



Additional Notes: