

ON AIR



Health Freedom Minute

June 12, 2026

Help Your Doctor Help You - Exam Room Advice

With doctors limited on time, go prepared to the doctor's office.

This means that you've thought about the reason you made the appointment. You know when the condition began, and any possible cause. You've written down questions you want to get answered. Open your notebook and keep your pen in hand. Do not set the pen down until your last question is answered. Show you mean business.

If your story is complicated, write it down as organized as possible. Dates, symptoms, anything useful. Do it as a timeline or in sections. Some doctors will take the paper and read it. Some will ask to add it to your chart. Help your doctor help you. Be prepared. Don't leave the exam room wishing you'd remembered to ask a burning question.

Presented daily by Twila Brase, President and Co-founder
Citizens' Council for Health Freedom.

*The Health Freedom Minute is now heard in 48 states:
Mon-Fri on more than 870 radio stations nationwide*

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