

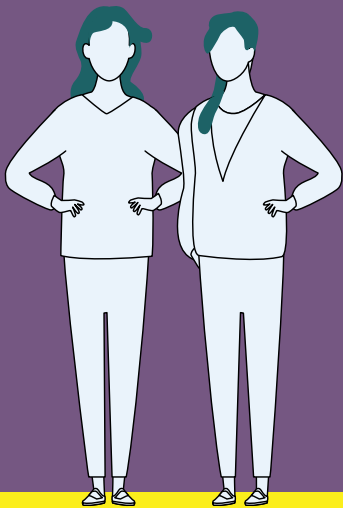
# QUICK TIPS FOR YOUR NEXT VISIT

During your next doctor's visit, try putting some of our Sister Girl Quick Tips into action! Let us know how these tips worked for you.



## RECORD YOUR VISITS

It's a good idea to ask your provider if you can audio record the visit. This will help you go over any information you may have missed at the appointment.



## BRING A TREATMENT BUDDY

Oftentimes having a friend or family member accompany you to your visits can be of great help. We can sometimes feel overloaded with information. A second set of ears, eyes and overall support can be comforting.

## BRING A LIST

Bring a list of pre-written questions and concerns you and your loved ones may have to ease everyone's mind.

