

## What to ask your Doctor, when...

### Degenerative Disk Disease//Arthritis//DJD//Bone on Bone

Your own health is your biggest priority, use this checklist to ask honest and clarifying questions to your medical professional to help create a care plan you believe in

- Is this a part of the normal aging process?
- Is it possible I have had these imaging results for a long time and have not experienced symptoms until now?
- Do you believe appropriate strength training with a fitness professional will help me improve my quality of life?
- Do you believe there are lifestyle factors I can change to help with the symptoms I am feeling?
- Are there foods that you recommend I eat more or less of?

NOTES: