EXERCISE C

Attending to your non-MS healthcare needs

How do you manage your general health?

1. Have you had a complete physical examination within the last eighteen months?
   - Yes  
   - No

2. Have you undergone all of the medical tests and screening procedures recommended for someone in your age group (e.g., blood tests, chest x-ray, mammogram, prostate exam, colonoscopy, dental exam)?
   - Yes  
   - No

Make a note here of the dates of your most recent medical tests and screening procedures:

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3. Are the offices of your healthcare provider(s) sufficiently accessible for you to be able to receive complete examinations?
   - Yes  
   - No
4. Is one of your physicians or other healthcare providers (e.g., primary care physician) acting as the coordinator for your care?
   - Yes
   - No

5. Do your healthcare providers maintain any kind of contact with one another?
   - Yes
   - No

6. Are you prepared to take responsibility for coordinating your own care if your physician(s) are not doing so?
   - Yes
   - No

7. Do you provide each of your doctors with a complete list of the medications you are taking and the treatment you are receiving from other healthcare providers?
   - Yes
   - No

After you have answered these questions, make a list of all of your healthcare needs that are unrelated to MS, and indicate how recently you have seen a doctor or other healthcare provider for each of these needs.

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