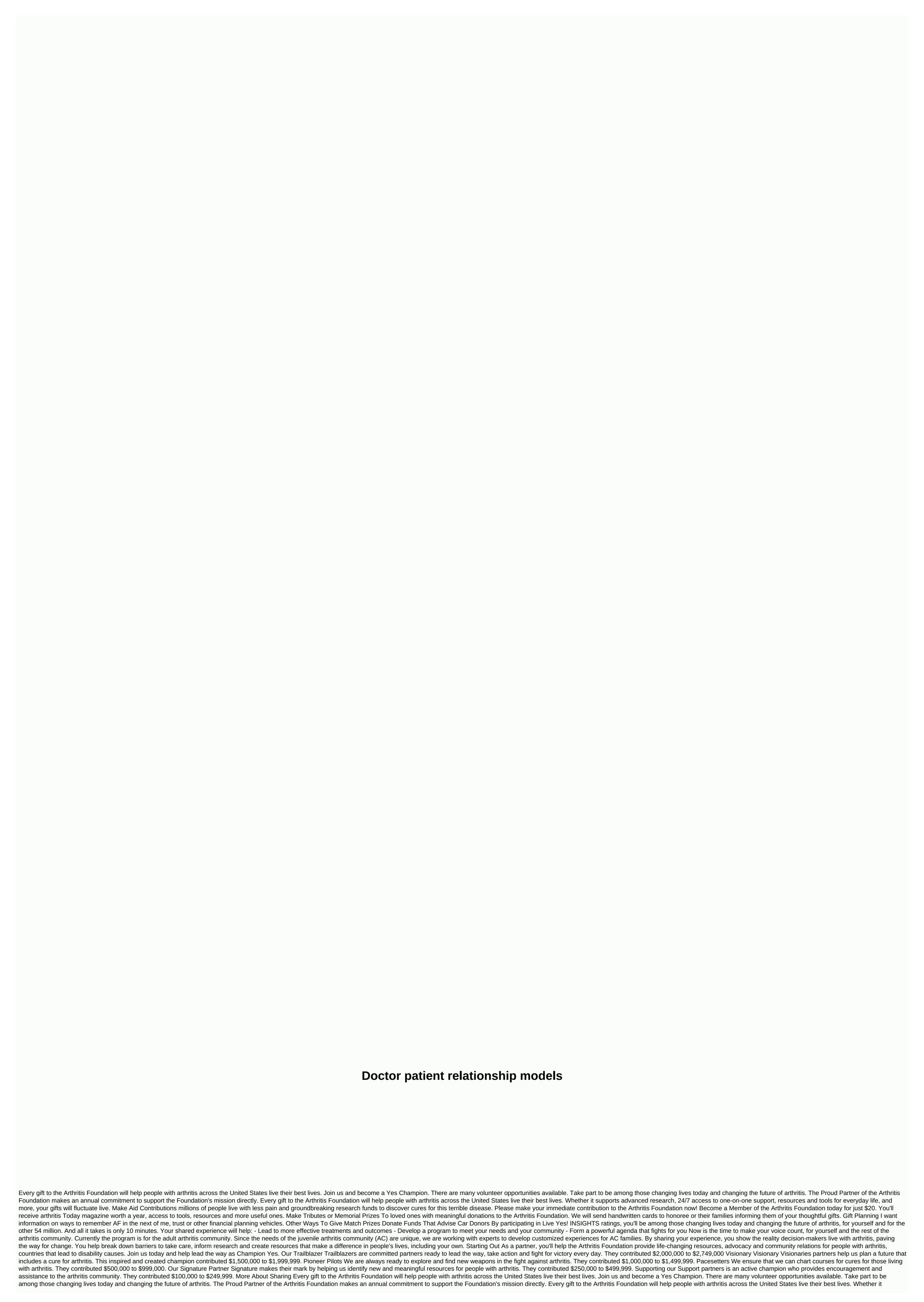
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INSIGHTS ratings, you'll be among those changing lives today and changing the future of arthritis, for your shared experience will help: - Lead to and more effective outcomes - Developing programs to meet your needs and your community -Forming a powerful agenda that fights for you Now is the time to make your voice count, for yourself and the entire arthritis community. Adult. are working with experts to develop a tailored experience for the AC family. By sharing your experience, you show the reality decision-makers live with arthritis, paving the way for change. You help break down barriers to take care, inform research and create resources that make a difference in people's lives, including your own. Starting Out As a partner, you'll help the Arthritis Foundation provide life-changing resources, science, advocacy and community relations for people with arthritis, countries that lead to disability causes. Join us today and help lead the way as Champion Yes. Our Trailblazers are committed partners ready to lead the way, take action and fight for victory every day. They contributed \$2,000,000 to \$2,749,000 Visionary Our Visionary Partners help us plan for a future that includes cures for arthritis. This inspired and created champion contributed \$1,500,000 to \$1,499,999. Pioneer Pilots We are always ready to explore and find new weapons in the fight against arthritis. They contributed \$1,000,000 to \$1,499,999. Pacesetters We ensure that we can chart courses for cures for those living with arthritis. They contributed \$500,000 to \$499,999. Supporting our Support partners is an active champion who provides encouragement and assistance to the arthritis community. They contributed \$100,000 to \$249,999. More information about Getty Images Partnership Some researchers think we may be more honest with health apps than our doctors. People don't prescribe to lie or ignore information they just want their doctors to think the best of them, said Nicea Goldberg, M.D., medical director of the Joan H. Tisch Center for Women's Health at NYU Langone Medical Center. So frankly about those issues – even if your documents don't ask. 1 out of your 14 Secrets: You have used OTC meds or borrowed a friend's Rx medication. Nonprescription and natural medications as well as the Rx may interact with other treatments. Risky combos include st. John's wort and anticoaging (for example, warfarin). Also, if you routinely use nonsteroidal anti-inflammatories over the counter [NSAIDs], you can get an overdose, warns David Katz, M.D., founding director Yale-Griffin Prevention Research. NSAIDs includeibuprofen (in Advil)naproxen (in Aleve)and are also found in many cold medicines. Too many of them, says Dr. Katz, can harm your kidneys and your gastrointestinal tract - and if you don't speak up, your doctor can be in the dark about what's going on. Occurred. a friend may (beyond obvious danger) lead your M.D. to misunderstand any symptoms caused by the drug. 2 out of 14 How to say something: Create a list of everything you've taken (including herbs) and how often and submit it to your doctor. If you have taken a friend's antianxiety medication, for instance, a accusation that confession becomes an opportunity to tell your M.D. about your own concerns. 3 out of your 14 Secrets: You have had cosmetic surgery. If you have an adverse reaction to general anesthesia (or even IV medication) or other issues, such as bleeding or freezing problems, your primary care doctor should take this attention on your chart. That way you might be confined the next time you undergo surgery or even routine procedures such as colonoscopy, said Holly Phillips, M.D., an intern in New York City. And if surgery recently, the information might change how your doctor treats other issues. There are bruises after surgery, and taking omega-3 fatty acids, vitamin E or NSAIDs can make it worse, says Dr. Goldberg. 4 out of 14 How to say something: When you are asked, on a form or out loud, if you have surgery, mention the elective procedure. People think of elective cosmetic surgery as 'not medical,' but for our purposes, it is, says Dr. Goldberg. 5 out of 14 of your Secrets: You have more than one partner and don't always use condoms. If your document doesn't know, you may not be offered screening or treatment for genital diseases (STDs) - some, left untreated, can lead to pelvic inflammatory diseases, ectopic pregnancies or infertility. And of course you don't want to be unaware of HIV. If they are detected earlier, STDs are more easily treatable, and you can prevent the spread of the disease, said Dr. Katz, author of Disease-Proof: Slash Your Risk of Heart Disease, Cancer, Diabetes, and More — by 80 Percent. 6 out of 14 How to say something: Ask for a test. Let's say you want to be screened for an STD because you or your partner has unfilmed sex. This puts the conversation squarely into the medical realm, not personal or moral. A doctor shouldn't make you feel judged, so try to set aside embarrassment. 7 out of 14 of your Secrets: How much you really drink. For women with certain risk factors, even one drink a day can be up to the chance of breast cancer. Also, if your laboratory results reveal high liver enzymes and your doctor does not know you are drinking, he can disability your issues to the wrong causes, which can lead to unsuitable tests or treatments. And already alcohol does not mix with many meds. Even one or two night glasses can interact with medications, depending on your basic health, your age and other variables, said Dr. Phillips, author of The Exhaustion Breakthrough. 8 out of 14 How to say something: Doctors are taught in medical schools to double or even triple the amount claimed by patients to drink if they suspect problems, dr. Dr. said. write a Complete Guide to Women's Health, so detail in your answers to convey your censoricness. Say something like, I wish I could tell you I had just one drink yesterday, but it was more like three after a tough day. If you're really a breather, try I have a glass of wine with dinner, and sometimes I have two - but rarely more than that. 9 out of 14 of your Secrets: You smoke sometimes. Taking birth control pills or using hormone replacement while smoking, albeit slightly, increases your risk of suffering from blood clots and suffering from stroke. If you are taking iyroid medication, smoking breaks the drug faster, so you might get a lower dose than you need, notes Donica Moore, M.D., president of the Sapphire Women's Health Group in Chester, NJ. And of course, smoking increases the risk of type 2 diabetes, heart disease, various cancers and other conditions - if your doctor does not know, he cannot screen you accordingly for them, says Dr. Goldberg. 10 out of 14 How to say something: If you quit, which is the best thing to do, you can bring with that good news before sharing your history! Otherwise, women and ask about smoking cessation methods. 11 of your 34 Secrets: You don't hear the instructions. If you say anything, he would think his treatment wasn't working and that ratchet, leading to the possibility of overmedication or more aggressive testing. 12 out of 14 How to say something: Tell it why you don't comply - meds cost too much, training takes too long - and asks if there are other solutions. This moves the conversation from confession into troubleshooting, dr. Katz said. Don't worry that he'll get hurt that you blow his advice - he prefers to know the truth. 13 out of your 14 Secrets: You eat more snacks than you prefer to admit. If you have put on weight, are prediabetic, or have cholesterol problems without obvious lifestyle reasons, you may be prescribed a drug that you do not need. Also, If you don't change your diet or exercise habits, we need to do some investigation to find out if there is a medical reason for any excess weight gain, says Dr. Moore. That can mean testing for fluid retention, hypothyroidism or even tumors. 14 out of 14 How to say something: Take heart: You're definitely not the first patient to fudge the truth. People exaggerated the consumption of fruits and vegetables and founded snacks, Dr. Katz notes. A study from Harvard that patients with type 2 diabetes often refuse to discuss their self-care behavior because they are afraid of being judged or embarrassed. But, says Dr. Katz, speaking for most of his friends, there is nothing you can't tell me - the only reason I want to know is so I can do a better job of keeping you. This article originally appeared in the June 2017 issue of Good Housekeeping. Cleaning. Cleaning.

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