

# OLDCARTS

Providing all the details of your main concern. These are the types of questions your doctor is trained to ask to learn about your main concern. **Come prepared with your answers!**

*\*A symptom is a physical feeling, such as “pain” “cough” “diarrhea” “vomiting.”*

## Onset

- When did your symptoms start? When did the pain start?
- What was happening when the symptoms first started?

## Location

- Where is it [the pain] located?

## Duration

- How long have the symptoms lasted? Have they been there since the onset (when you first noticed it), or do they come and go?
- Have the symptoms changed over time? Have they gotten worse or more frequent?

## Character

- How would you describe the symptoms? Sharp, dull, throbbing, bloody, dry, hard, etc.?

## Associated Symptoms

- Have you noticed anything else or other symptoms with your main concern? Examples, swelling or bruising *with* the pain. Dizziness and lack of vision *with* the headache

## Radiation

- Do your symptoms move? Example, does the pain in your back also shoot down your leg?

## Treatment

- What makes your symptoms better? Example: resting, medication, ice, eating or not eating certain foods.
- What makes your symptoms worse? Example: movement, foods, taking prescribed medications.

## Severity

- On a scale of 1-10, 10 being the worst [pain] you ever had, how bad are the symptoms.