# Senior Symptoms

Fill out this checklist and use it to start a discussion with your doctor at your next physical.

## Mobility
- I have joint pain or stiffness.
- I struggle with stairs and getting in or out of the car.
- I have fallen in the last year.
- I’m afraid I might fall.
- I have a hard time staying balanced.

## Thoughts and Feelings
- I struggle with remembering names, information or appointments.
- My sleep habits have changed.
- I feel lonely, sad or isolated.
- My appetite has changed.

## Physical Changes
- My bowel habits have changed.
- I am having difficulty urinating.
- My weight has changed.
- I sometimes feel dizzy or lightheaded.
- I sometimes feel chest pain or shortness of breath.

## Senses
- My vision is worsening.
- I can’t hear as well as I used to.
- I am having trouble with smell and taste.

## Medical History
- I received a flu shot this year.
- Other recent vaccinations:
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- My prescription medications:
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- My over-the-counter medications:
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- My vitamins and supplements:
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