

# How to Communicate Your Symptoms?

Clear communication with healthcare provider leads to better care. Whether speaking with doctors, nurses, or caregivers - this guide helps you prepare for effective description of what you're experiencing

## ★ The STARS Strategy ★

Use this proven framework to describe your symptoms clearly and completely.

Always **LEAD WITH YOUR MAIN SYMPTOM** -

 <b>Specific Location</b> Point to or describe the exact area where you feel pain or discomfort. Be as precise as possible.	 <b>Treatment Tried</b> Mention medications, heat, ice, or other remedies you've already attempted and their effects if any.	 <b>Associated Symptoms</b> Note other symptoms that occur alongside your main concern, like nausea, fatigue, or dizziness.
 <b>Relief Factors</b> Describe what helps ease your symptoms - rest, movement, position changes, or specific activities.	 <b>Severity Level</b> Rate your pain or discomfort on a scale of 1-10, and describe how it impacts your daily activities.	

## Communication Best Practices



**Stay Respectful**  
Positive attitude improves communication



**Repeat When Needed**  
Be ready to say symptoms again



**Bring Notes**  
Use written notes to cover everything



**Ask Questions**  
Speak up until you understand