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The psychological side of medical tests

The days or weeks spent waiting for a result can be harrowing, and then there's the result itself

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Written by
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FOCUS ON THE POSITIVE. Even though you're having health challenges, there are still positive things going on in your life that you can be happy about. By focusing on those things, it can help you lift your spirits as you cope with your diagnosis.

WORK CLOSELY WITH YOUR DOCTOR. People often feel better when they are a proactive participant in their medical treatments. By working closely with your doctor—and always voicing your questions and concerns—you can be an active participant in coming up with a plan that works for you.

In addition to trusting your doctor, you can also take solace in the fact that medicine is always advancing and improving. "It is important to realize that medicine in 2012 is not the same as it was even five years ago," said Turner. "Medicine today uses the latest techniques, technologies and the most well-trained medical personnel in history. This should be comforting to any patient."

BE KIND TO YOURSELF. You're going to feel a lot of different emotions as you integrate your diagnosis into your identity. Give yourself permission to process your emotions and thoughts, and give yourself the time you need to find peace with what's going on. Also, be sure to pamper yourself during this time and do the things that you enjoy to make yourself feel better.

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