ENVIRONMENTAL HEALTH PROJECT

DEFENDING PUBLIC HEALTH SINCE 2012

Tips for Talking With a Health Professional

COMMONLY REPORTED SYMPTOMS NEAR SHALE GAS DEVELOPMENT

- Sleep disruption
- Stress/ anxiety
- · Inability to concentrate



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- Headache
- Itchy/painful eves
- Sinus problems



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- · Shortness of breath
- Cough
- Wheezing
- Sore throat



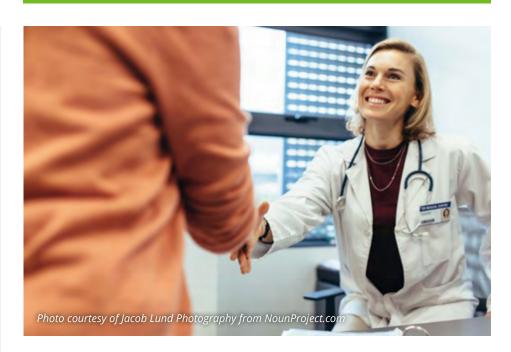
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- Fatigue
- Drowsiness
- Nausea
- Skin rashes and irritation



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For more recommendations about how to protect your health and monitor your air, water, and soil quality, visit our website.



GETTING THE CONVERSATION STARTED

Many people, at one time or another, have had difficulty talking with a health professional. Talking about shale gas exposures is no exception. These conversations can be challenging when patients have difficulty understanding the technical terminology used by a health professional, when patients lack information about prescribed medication, or when patients feel like there isn't enough time to explain their concerns to the health professional.

While these discussions can be difficult and at times intimidating, it is important to remember that you are your own advocate, and you deserve to receive medical care in a supportive and healthy environment. This collection of information serves as a tool for both you and your health professional to work together, in the best interest of your health and wellbeing.

PREPARE FOR YOUR VISIT

How to make the most of your time when meeting with a health professional:



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Prepare for your visit. Consult your health diary to see if there have been any changes with your health and brainstorm questions you might ask. Set an agenda and be prepared with what you want to discuss. Bring up concerns at the beginning of the appointment rather than waiting until the end. That will help you focus your time on what is really bothering you.



Ask questions at the start of the appointment to help you focus your time. Continue to ask questions throughout the appointment. Even the best health professionals can at times share complex terms or lots of information quickly. Don't be afraid to ask for clarification, for information to be repeated, or for an explanation of something using plain language. If you feel a specific point was brushed off, bring it to the health professional's attention again. It can give them the chance to add more information or explain their response.



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Be honest. It's important to share how you are feeling, your concerns, and relevant health symptoms. Sometimes you may feel embarrassed or afraid to share personal information, but the more you share, the better a health professional can try to help. While their job is to help you feel better, they are also required to uphold your privacy.



Summarize what you heard during the appointment and repeat it back to the health professional to confirm your understanding. If you need additional support, ask to record the conversation, or request written instruction or notes to help remind you of what was discussed. Most phones have voice recording apps pre-installed, and there are other apps, like Abridge, made for recording medical conversations. You can also bring a trusted friend or family member to provide support.

At the end of the day, remember that you have the power. If you feel a health professional isn't listening or isn't able to offer the support you are looking for, consider finding a different provider. It's important to have a responsive, supportive health professional, and ultimately one who is the right fit for you.

If your health professional wants more information on this topic, refer them to environmentalhealthproject.org. We have resources available specifically for health professionals.

SURVEY FOR POTENTIAL ENVIRONMENTAL **EXPOSURE** *Check all that apply

'	, ,
1. I live near:	
☐ Well pad	☐ Impoundment pond
☐ Truck traffic	☐ Metering station
☐ Processing/cryogenic/	☐ Compressor station
fractionation plant	☐ Pigging station
☐ Pipeline	☐ Wastewater treatment
☐ Landfill accepting shale gas waste	plant (WWTP) accepting shale gas waste
☐ Injection well accepting shale gas waste	□ Petrochemical plant
2. There have been incidents such that have occurred near my hon Yes No Unsure	·

the water source at my home.	□ Yes □ No
4. I have noticed unusual smells the air near my home. ☐ Yes	or changes in appearance in ☐ No
5. I have noticed unusual dust, fil of my home or car.	m, or residue on the outside □ No
6. I have experienced the following activities near my home.	ng symptoms during or after
□ Sore or irritated throat □ Cough or wheezing □ Itching of skin or rash □ Shortness of breath □ Headache □ Dizziness □ Sleep disturbance □ Fatigue □ Itchy/burning eyes Other (list):	□ Sinus symptoms (runny nose/postnasal drip, etc.) □ Nosebleeds □ Abdominal pain/discomford □ Nausea □ Significant weight loss/gain □ Anxiety □ Irritability/mood swings
7. I have discussed symptoms wirprofessionals. ☐ Yes ☐ No 8. I have been diagnosed with me ☐ Yes ☐ No If Yes, explain:	

3. I have noticed a change in the taste, odor, or appearance in

EXAMPLE

processing of shale gas waste.

Date	1/5/17	
Symptom(s)	Shortness of breath: 4, headache - 9	
Duration	6 hours	
Notes	strong odor before symptoms started sunny clear day lots of heavy truck traffic	

9. I work onsite at a shale gas facility or in the transport and

 \square Yes \square No \square I don't, but someone in my household does.

On a scale of 1-10, how severe is the symptom? 1 being slight to 10 being worst ever.

Environmental Protection Agency. (2022, August 5). About the State School Environmental Health Guidelines. https://www.epa.gov/schools/about-state-schoolenvironmental-health-guidelines#importance

Environmental Health Project. (2023). Health Impacts of Shale Gas Development: A Collection of Research. https://www.environmentalhealthproject.org/_files/ugd/ a9ce25_feddfe7415ba4d3b894e94821aa40aab.pdf









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