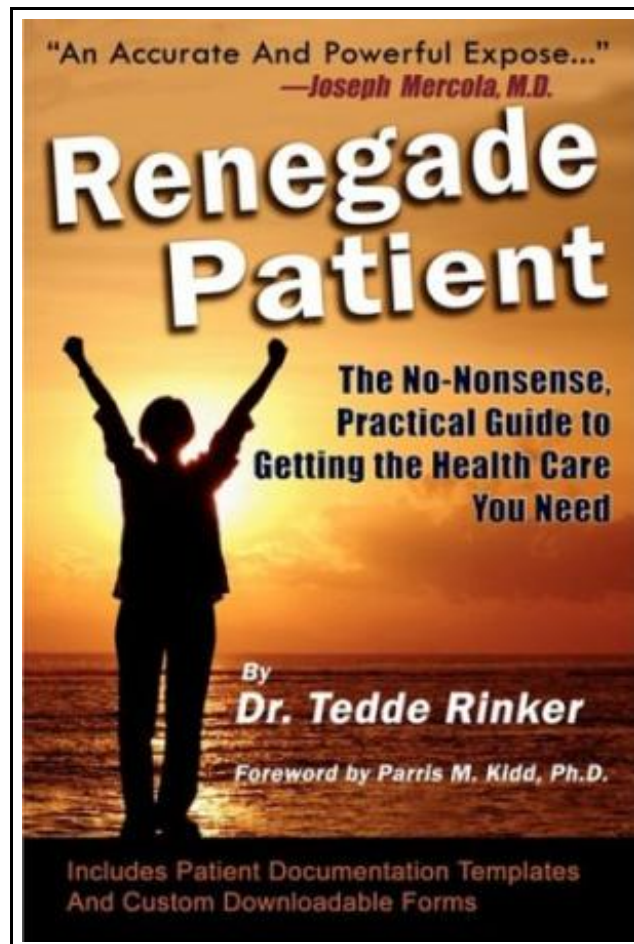


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BioMed Publishing Group. Paperback. Book Condition: New. Paperback. 248 pages. Dimensions: 8.8in. x 6.0in. x 0.7in. Stop! Before you pick up the phone to make an appointment with your local doctor, take a few deep breaths, and ask yourself: Am I an empowered patient who knows what I need from my physician and how to get it Am I in control of my health care, and if not, who is Why do you need to ask these questions Unfortunately, many patients are not in control of their own health care. Physicians, politicians, pharmaceutical and insurance companies, and other third-party organizations are usually in the drivers seat. Yet, your health is the most important asset you have! You should not be content to be out of control when it comes to your health care. Dr. Tedde Rinker, an experienced osteopathic physician practicing medicine in Redwood City, California, believes that all people are eventually consumers of health care and should become empowered, responsible patients, equipped with the necessary education and knowledge to navigate the maze of modern medical services. Dr. Rinkers thorough guidebook includes not only broad recommendations for dealing with health care providers, but also specific advice on how to manage your medical records, how to research diagnoses you may receive, and where to go for further resources and reliable answers to your questions. This book will provide you with your own Declaration of Independence for your health care, which will allow you to become independent of the pressures and myths that are designed to make us compliant consumers who buy insurance and drugs, yet dont really end up feeling better. Written for both patients and physicians, this manual is an essential handbook for everyone who is-or will eventually become-a consumer of health care. This item ships from multiple locations. Your book...



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