

DOCTORS

Who is your Primary Care Physician?

If the answer wasn't "Me!" then your health care could be suffering. The healthy person is the one that looks after, and is in charge of, one's own health. Anything less results in improper care. Another way to consider this issue is that if you feel you are privileged to good health, then you are responsible for good health as well. Privilege and responsibility are two sides of the coin. Assigning your responsibility for good health to your doctor or health insurance company results in loss of privilege to good health.

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You and only you are responsible for your health.

Now that is not to say that you should not have a doctor; most definitely you should. In fact, it's probably best to have two or more doctors covering different spectrums of health care knowledge. You are likely not trained in health care, and even if you are, you are probably not conversant in all aspects of health. The doctor is there to have the education to inform you competently of your options, and you are there to decide what actions to take, and to heal.

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The doctor is one tool in the health care continuum.

NOTES

Most people still answer the earlier question "wrong". This is largely from a holdover of decades-old attitudes, which held doctors essentially to be all-knowing and always right. These attitudes are slowly shifting, though. In analogy, compare the doctor offices of old with the more modern design: the old offices were closed off from the entering patients with walls and sliding glass windows, whereas the newer reception areas are more open and integrated. The old design reinforced the attitude that patients were *separate* from their health care; the newer designs highlight integration of the person and health care. If your current doctors use the old design, it would be good to ask yourself what you perceive their attitudes are toward you, the patient. You may need to rethink your choice of doctors. (Of course, that design may have been chosen for reasons of location, rent, etc.)

NOTES

In health care you have a lot of decisions to make on your own behalf. No doctor can make them for you competently because you are the only one who knows your total being. Some of the decisions you must make for total health include:

Which doctors to employ. This process starts by interviewing many doctors to determine which fit your needs and which have complementary views to your approach on health. Compare this approach with basing your choice of doctors on insurance plan limitations.

Use the interview process to determine if the doctor *listens* to you and your concerns. A truism exists regarding the diagnosis of health problems: a doctor need only to listen to the words and descriptions from the patient in order to determine the nature of the health problem. This truism highlights the fact that the patient knows on some level, often a subconscious one, what the problem is, but lacks the knowledge to identify the cause concisely.

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Interview doctors before selecting one in order to ensure your health goals will be supported and your problems will be heard.

[End of Excerpt]