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"The safety of the people is the highest law"

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## The Life You Save May be Your Own: Part 3

From experience you have probably learned that the quality of your health care ranges from exceptionally good to awfully bad. Because even good doctors and nurses are pressured for time, sometimes they don't really listen carefully to you. But a little medical error can lead to a big medical problem. Here are 9 things you can do to protect yourself and your family from medical mistakes:

- Get your medical records and read them.
- Since tests are not always accurate, request a second.
- Select your surgeon carefully.
  Ask around, check the internet.
  Ask him/her about experience.
- Have a family member or friend with you at each visit or test.
- Learn how to talk to your doctor.
  Make a list of your questions & a list of your problems.

- Learn about your medicines. Don't take a new drug.
- Get a second opinion about any major surgery.
- Do research about the quality of your hospital. Medicare publishes ratings.
- Learn about your disease or condition. Check the library or internet.

Respectfully, Milliam Callen J.