How-to Be an Empowered Patient

You are the expert of your body and mind. Here are things you can do to get what you want and need for your health.

- **Share your health and health history** with each of your doctors so they can diagnose and treat *you*.

- **Trust your instincts—and find a doctor who trusts them, too.** Your doctor should listen to your concerns, work with you, and support your choices.

- **Get the information you need** before making a medical decision or agreeing to a test or treatment. Get a second opinion.

- **Speak up for yourself!** Tell your health care team what you want and need.

- **Ask questions** when you don't understand something or need more information.

You know what feels right and what is normal for you.

If you don't feel right or normal there may be a problem. See a doctor if:

- There's any change in your health

- You feel sick or different

- You see or feel something that you have not seen or felt before

- Don't wait to contact your doctor. Getting care early can help keep any problem from getting worse