
Making a Medical Decision

Base your decisions on medical information, belief systems, and position in life. Always remember there is not a definite right or wrong answer to a decision, only a personal answer. There is no question too small that cannot be asked about a medical decision.

Ask the following of yourself and health care team:

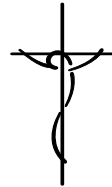
1. *What are the benefits? The risks?*
2. *What is the best possible outcome? The worst possible outcome?*
3. *What effect will it have on longevity, quality of life?*
4. *What would you choose for yourself or family member in this situation?*
5. *Get a second opinion if unsure.*
6. *Don't rush a decision, unless it is an emergency. Allow time to process and think it over.*
7. *Evaluate your way of coping, how much do you need to know, how much do you want to know and make it clear to your health care team.*

Behaviors Doctors appreciate:

- Patients and families coming prepared.
- Showing respect for their time by setting appointments according to needs.
- Being clear and honest about symptoms and thoughts.

Dear Lord,

We know that You have put health care teams together to assist You as our Great Physician and that You desire health for us. We ask Your presence and guidance in our health care. May we turn to You through Scripture and prayer to be the ultimate giver of health. And may You lead us in managing our health care today. Amen.



Care Ministry

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“Together in Christ, Caring for God’s People”

Managing Your Health Care



Putting the personal side back into healthcare requires you to be head of the team, directing, aiding your health team in putting together the puzzle that health care

Achieve Optimal Health Through Self Care

Diet - Eat a variety of foods and as natural as possible.

Exercise - Daily activity at whatever level you are capable of to maintain strength, flexibility and balance.

Safety - Know your limitations and maintain safe activities and environment.

Prevention - Follow recommendations for early detection tests.

Education – Keep informed on health related issues.

Records – Keep your own medical record.

Spiritual and Mental Health—remember to take care of these also.



How to Communicate With Your Health Care Team

Assist your health care team by preparing for appointments like you would prepare for a business meeting.

1. Define your problem.
 - A. What complaint brings you to the appointment?
 - B. If you have more than one complaint, list in order of importance to you.
2. When did the problem start?
3. What are the symptoms?
 - A. What are you feeling (pain, fatigue, dizziness)?
 - B. If pain, describe where, type and when it occurs.
 - C. If drainage, what color, consistency, amount.
4. Have you been associated with anyone with the same symptoms?
5. Have there been any recent changes in your life (stress, travel, change in diet or exercise, medication)?
6. Offer a current list of all medications including over the counter and supplements.
7. Write down questions and bring them with you.
8. Bring something to do while you wait.

What You Should Know When You Leave a Health Care Visit

(Be prepared to take notes or bring a friend or family member with you to the appointment.)

1. What is the diagnosis for your problem?
2. What treatment is needed?
 - A. Medication (name, why needed, what are the side effects, how do I take it and for how long, any other medications or food it can interact with?)
 - B. Further tests (why needed, who sets it up, how do I prepare for it, are there risks, are there any alternatives, what if I don't have it done?)
3. What can I do at home or to prevent reoccurrences?
 - A. Change diet.
 - B. Alter my activity.
 - C. Any literature that is recommended.
 - D. Any danger signs I can look for.
4. What next?
 - A. Do I return for another visit and when?
 - B. How and when will I know my test results?
5. Ask for copies of labs, EKG'S,