



書名 How to talk to your doctor :  
getting the answers care you need

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### 內容摘要：

This interesting and informative book teaches people over 50 and others how to get the most out of their doctor visits. Once our doctors took care of us, but now it is increasingly the patient that is responsible for their own healthcare, with the help and advice of their doctor, it you know how to get it. This self-help book gives practical advice on how to communicate with your doctor in the 15 or 20 minutes often allotted during appointments, how to ask for second opinions, understand tests and prescriptions.