



Because You Matter...Steps for Making Medical Visits Count!

Several years ago, Consumers Report surveyed hundreds of primary care doctors to find out what they'd like patients to know. Thunderbird Internal Medicine has updated some of those findings in an effort to optimize the patient experience.

Be Careful About Online Research

While more than half of us research our symptoms or conditions on the Internet, what you find may or may not be helpful. Rather than being swayed by advertisers or individuals sharing their stories, use reliable sites such as:

- [Centers for Disease Control and Prevention](#) for information on infectious disease, travel health, and preventive care.
- [Food and Drug Administration](#) for drug information.
- [MedlinePlus](#) for information about conditions and diseases.

- [National Cancer Institute](#) for cancer information.

Optimize Each Visit

To get the most out of each visit, plan ahead.

- Jot down a list of questions or concerns you'd like to address and prioritize them so you get to the most important ones first.
- If you find something online you want to discuss with your provider, print the relevant section.
- Know your medical history and always bring a list of treatments, medicines (both prescription, over-the-counter and supplements), changes in conditions and any test results.
- When you're not feeling well, you may not remember all that is said. Bring a spouse or friend with you if you need another set of ears.

- If you don't have time to discuss everything, schedule a follow up visit.

Take Your Medicine

Following your provider's advice or treatment recommendations can be a challenge. For some, the disconnect is caused by not understanding or failing to jot down specifics. For others there may be a cost issue that prevents compliance. The key is communication. Let your doctor know if you don't understand, don't agree or can't afford recommendations so that they can do something about it.

In it for the Long Haul

Forming a long-term relationship with a single primary care physician is believed to be the most important thing a patient can do to obtain better medical care. Research suggests that patients who frequently switch doctors have more health problems and spend more on care than those with a consistent relationship with a single physician.

Free LATISSE® - Summer Eye Special!

Dermatologist Mariel Bird, DO, is offering a Summer Eye Special. Simply purchase Crows feet BOTOX® and EITHER Tensage Radiance Eye Cream or Lumiere Eye Cream and receive a complimentary LATISSE®, a topical medication for eye lash growth.

"To make the biggest impact possible in cosmetic dermatology we focus on one area at a time," said Dr. Bird. "Since eyes are the focal point of the face, enhancing their appearance can make a big impact on one's overall look. This package works to soften the laugh lines or character lines around the eyes, minimize dark circles and puffiness under the eyes and put emphasis on longer lashes."

This special runs through August 31. Dr. Bird's office is located at 5620 W. Thunderbird Road #G-2. To schedule, call 602-396-2114.



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