

PREFACE

Does the medical care you are receiving measure up to the care that you had 10 years ago? If so, you are among the fortunate. Many patients in today's environment are baffled and confused by the current health care system. With new technology, the advent of managed health care, and other cost containment measures, the new medical world is complex and difficult to access and navigate. A reciprocal change in attitude and behavior on the part of patients is required. Patients can no longer afford to be passive participants in their own health care—rather, they must now become actively involved and informed consumers.

Our lifetime careers in medicine have compelled us to write this little instruction book for patients to use as a simple tool to help ensure that they receive the best care in a personal and humane way.

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