

4 WAYS TO CREATE AN EFFECTIVE PARTNERSHIP WITH YOUR DOCTOR

Often patients don't get the most out of their visits to their doctors because they feel embarrassed by their health and lifestyle choices, or they feel uncomfortable talking to someone about problems they may be experiencing. Unfortunately, this can put your health at risk, and make it harder for your doctor to help you solve problems.

Partnering with your doctor and becoming an active participant in your health can help you achieve optimal health, manage your chronic conditions more effectively and put you more in control of your life. You're worth the effort.

1. MAKE AN APPOINTMENT AND COMMIT TO IT. The first step to creating a lasting partnership with your doctor is as simple as taking the first step and making the appointment. The next step is keeping the appointment. Too often we let work and social distractions derail our plans for a healthier future. You've made your appointment, now commit to it.

2. COME PREPARED AND ASK QUESTIONS. Do not be afraid to say how you really feel inside. Be honest, and don't spare any details. Your doctor needs to know about what you are experiencing and must have an accurate picture of what is happening with you to make a proper diagnosis. Also, do not hesitate to ask questions if you don't understand something. Your doctor can, and should, take the time to explain the issues to you thoroughly, and at the very least, your doctor can point you in the direction of where you can get accurate and relevant information. Write your questions down in advance, and jot down the answers.

3. MAKE A LIST OF MEDICATIONS. As we age it's common to start taking medications for different ailments. However, your medications may not all come from the same prescribing doctor, making it harder to determine potential adverse effects. The next time you go for a check-up, bring a complete list of all your medications, including vitamins and supplements you take regularly. Talk through them with your doctor, and mention any side-effects you might be experiencing.

4. MAKE A PLAN, TOGETHER. Creating a better partnership with your doctor means that both of you have to provide input to create an action plan best suited to your needs. And if both of you help to create the action plan, there is a higher likelihood that you will stick to it. Do not be shy and speak up about what you know will work best for you. After all, no one knows you better than you do.

HELLO, NEIGHBORS! St. Mary Feasterville Health is now open

St. Mary Medical Center's new outpatient center in Feasterville is a one-stop shop for patients. Opened in June, St. Mary Health Feasterville is a 14,000-square-foot facility specially designed to serve the needs of the community more efficiently.

In a single location, patients now have access to:

- Primary care
- Specialties, including: orthopedics, cardiology, obstetrics/gynecology and urology
- Diabetes management and nutrition services
- Walk-in appointments for primary care providers

COME SEE US

St. Mary Health Feasterville is located at 178 West Street Road, Feasterville.

- Monday – Friday: 7:00 a.m. – 9:00 p.m.
- Saturday and Sunday: 9:00 a.m. – 5:00 p.m.

**TO MAKE AN APPOINTMENT,
CALL 215.710.6490.**



KNOW THE WARNING SIGNS OF STROKE (INCLUDING THE TWO NEW ONES)

St. Mary Medical Center urges community members to “BE FAST” in identifying symptoms of stroke to reduce the risk of death and disability.

According to the American Stroke Association, stroke is the number one cause of disability and fifth leading cause of death in the United States, with a stroke occurring every 40 seconds. A stroke occurs when a blood clot or artery rupture prevents blood-flow and oxygen from getting to the brain.

St. Mary colleagues encourage patients to use the acronym “BE FAST” –recently updated from “FAST” by the American Stroke Association – to act quickly during a stroke. A stroke may produce the following symptoms, and requires immediate medical attention:

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| B – Balance Loss | F – Facial Drooping |
| E – Eyesight Loss | A – Arm Weakness |
| | S – Speech Difficulty |
| | T – Time to call 911 |

“During a stroke, every second counts. The faster you can identify a stroke, the faster you can seek medical treatment and improve your chances of recovery,” said Claire Goetz, acute stroke program coordinator at St. Mary Medical Center. “A quick response can make all the difference in preventing serious brain damage or disability.”

Certain lifestyle factors and conditions, such as smoking and high blood pressure, can increase the risk of stroke. While men 65 and older are at the greatest risk for stroke, a stroke can affect a person at any age. Despite the prevalence of stroke, less than one in five Americans can correctly classify all stroke symptoms.

FOR MORE INFORMATION ABOUT STROKE OR ST. MARY'S PRIMARY STROKE CENTER, VISIT STMARYHEALTHCARE.ORG/STROKE.

