

# Speak Up: About Your Care

I use to be scared to speak up at the doctor's office. I'd get nervous and forget the questions I wanted to ask. But now, I don't hesitate to ask questions, like what I can expect from my new prescriptions. Or asking the nurse to explain forms I don't understand.

It's important to check identification badges worn by doctors, nurses or other medical staff like myself.

You must be Vincent?

Yes, sir I am, and you must be Hank, the poker champion at North Pines. Let's get you back to your game. Alright Hank, let me help you.

Thanks Vincent

We all need to be educated in order to make good decisions about our care. Find out how long treatment should last, and how you should feel during treatment.

Here ya go.

When I was dad's advocate through his surgery, I made sure to help keep track of his instructions. And that he was supported throughout his physical therapy. Just a few more dad.

When I'm prescribed medication, I want to know everything.

Make sure to ask about side effects and whether it's safe to take with other medicines and vitamins.

Ask for a printed prescription if you can't read the handwriting. Good job everybody!

I learned that plans can change. Having a doctor and an accredited hospital on your side can make all the difference to quality care for me and my family. Watcha see?

My wife may help make my appointments, and remind me to take my medications, but I always talk to my doctor and sometimes I make arrangements to get a second opinion.

Share with your family members your wishes about your care.

The goal of Speak Up is to help patients and their advocates become active in their care. Speak up if you don't understand something, or if something doesn't seem right. Speak up if you speak another language and need a translator. Speak up if you're not getting treatment when you should.

Spread the word to Speak Up! Yes to SpeakUp!