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For Immediate Release

NEW SELF-HELP HEALTH GUIDE ENABLES PATIENTS TO KEEP THEIR OWN MEDICAL RECORDS
Book helps eliminate unnecessary procedures and duplication of medical tests;
saves time and money; promotes disease prevention and continuity of health
care; improves patient/doctor communication

Closter, NJ — Do you find it an irksome, time-consuming task to keep track of doctor visits, medical treatments, lab tests -- and the money you spend on them?

Do you hate having to reconstruct your entire medical history every time you visit a new doctor, apply for insurance, or go to the hospital?

Author Stanley C. Stevens has the solution. His new self-help manual, the PATIENT-DOCTOR APPOINTMENT GUIDE, provides individuals and families with an easy-to-use logbook for keeping complete, well-organized records of health and medical care including doctor visits, medication, lab tests, x-rays, and more.

"Most people are cared for by a number of doctors and admitted to several hospitals in a lifetime," notes Stevens. "Therefore, no single unified record of their health care exists."

Stevens, who spent 26 years in the health care delivery system, primarily in hospital administration, says his PATIENT-DOCTOR APPOINTMENT GUIDE can help solve many of the problems caused by the absence of a personal medical record-keeping system.

\$30 billion annually wasted on unnecessary medical tests

Stevens claims that more than \$30 billion annually is wasted on unnecessary medical procedures and the duplication of medical tests in the U.S. The main cause? Poor communication between patients and doctors.

His PATIENT-DOCTOR APPOINTMENT GUIDE helps eliminate this wasteful duplication by making it easy for consumers to keep complete and accurate records of their health and medical care with their doctors — records that can be shown to all health care providers before tests are ordered, medications prescribed, or a treatment plan recommended.

"Because patients see many doctors, it is necessary to establish continuity of health care to improve on quality, reduce health care costs, and build a doctor-to-doctor communications network about patients," says Stevens. "Documentation of personal health and medical care, using an organized record-keeping system such as the PATIENT-DOCTOR APPOINTMENT GUIDE, is one of the best ways of promoting continuity of care."

Improves health care, saves time

A major problem in the U.S. health care system is that doctors frequently are unaware of important aspects of a patient's medical history, often because the patient leaves out key facts or events when answering questions or filling out office forms.

"You can't remember everything," says Stevens. "But the PATIENT-DOCTOR APPOINTMENT GUIDE gives you an easy-to-use, well-organized system for recording all significant medical facts and events in one place."

Continues Stevens: "Instead of spending countless hours digging through old files and receipts to reconstruct your medical history, the PATIENT-DOCTOR APPOINTMENT GUIDE can be used to present your complete medical history to doctors, insurance companies, hospitals, and other health care providers at a glance."

Have you had your shots?

To control health care costs, the nation must make preventive care a high priority on the national health care agenda, insists Stevens.

To implement a disease prevention program, Stevens recommends that health consumers use his PATIENT-DOCTOR APPOINTMENT GUIDE logbook to maintain complete records of their immunizations because, he says, "people cannot be expected to remember, over a period of time, the doctors they've seen and the immunizations they've received."

Fill-in forms make things simple

The spiral-bound PATIENT-DOCTOR APPOINTMENT GUIDE contains specially designed forms for recording the relevant information concerning your personal medical history, your family's medical history, records of medical and dental problems, and records of doctor appointments, lab tests, hospitalization, and other medical activities.

The book is 102 pages long, and the pages are oversize (8 1/2" by 11"), so forms offer ample room for filling in key data.

A wealth of medical knowledge

In addition to the forms, the PATIENT-DOCTOR APPOINTMENT GUIDE also contains a wealth of advice on how to get the best care from doctors — from choosing a doctor and what to expect from office visits, to reducing medical costs, normal values for routine lab tests, a glossary of medical terms, and more.

To order a copy of the PATIENT-DOCTOR APPOINTMENT GUIDE, send \$15.99 (\$12.99 plus \$3 shipping and handling) to: Personal Health Profile, Inc., 61 Harrington Avenue, Closter, NJ 07624-1105, or phone (201) 768-1463 for more information.

[EDITOR: For a review copy of PATIENT-DOCTOR APPOINTMENT GUIDE call (201) 768-1463]

20 SMART QUESTIONS TO ASK YOUR DOCTOR

The following questions will help you become more knowledgeable about your health and medical care and establish good communication between you and your doctor:

Questions to ask your doctor:

1. What is your fee?
2. What is my diagnosis (problem)? How serious is it?
3. How can this problem be treated?
4. What is the prognosis (chance of recovery)?
5. What medications will be prescribed?
6. What are the side effects of this medication?
7. What does the medication cost?
8. Is the generic equivalent of this medication available — and is it as good as the brand name medication?
9. Why are these lab tests ordered? Are they necessary?
10. What will the lab test cost? Will I get a copy of the test results?
11. Why are x-rays ordered? What is being x-rayed? Will I get a copy of the x-ray report? What will the x-ray cost?
12. What other tests are necessary? What will they cost? Will I get a copy of the reports of any test or procedure that you order (biopsy, surgery, etc.)?
13. Why is surgery necessary? What will be done? Who will perform the surgery? What is the alternative to surgery?
14. Where will the surgery be done (out-patient or in-patient)? What will it cost?
15. What are the risks of surgery? Risks of not having surgery?
16. How long will I be hospitalized?
17. What will hospitalization cost?
18. What is the alternative to hospitalization?
19. Do you accept Medicare or my health insurance as full payment?
20. Who are your "cover doctors" in your absence?