



New Providence Internal Medicine Associates

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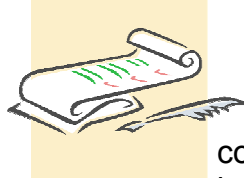
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Know Yourself



The more you understand about your medical problems, the more you can be an active participant in your health care. A deep scientific understanding of each diagnosis is not necessary, but knowing the basics of any health problems will allow you to work better with your doctor to improve your health. There are many accessible health information resources that are available. The Overlook library has an extensive patient education section. Our practice website has links to many excellent Internet sites as well.

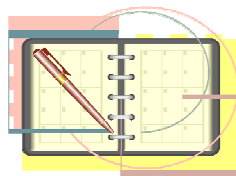
In this issue, we'll concentrate on things that you can actively do to maintain your health, including having organized health information and lists of medications, coming prepared to office visits, and understanding your medical conditions.



Keep the Details with You

Though you can count on your doctor having all your important medical information in one central location (your chart at his office), it is equally important for you to have an accessible list as well. Whether you're seen in an emergency room or see a specialist,

your ability to receive excellent health care may depend on access to information about you. You should have a list of problems you have now (or have had in the past), what operations you've had, the names and dose of all your medications, and any allergies or sensitivities to any medications.



Come Prepared

To get the most out of your visit with the doctor, it is best to start with a plan. That begins with making the correct type of appointment with the receptionist, so an appropriate amount of time can be scheduled for your visit. If there is more than one issue to discuss, it is important to bring a list of the problems with you, and let the doctor know which issues are important to you.

You may not be able to completely address all your concerns, but a plan can be started. It is important to bring a pen and paper with you as well, so you can take notes if needed. Make sure that you really understand the doctor's recommendations before you leave the office, and do ask questions if you have them.