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Health newsfeed for Tuesday, August 20, 2013

HEADLINE: TALKING TO YOUR DOCTOR

ANCHOR LEAD: YOU CAN EFFECTIVELY COMMUNICATE WITH YOUR PHYSICIAN, ELIZABETH TRACEY REPORTS

What with 15 minute appointment times, complicated medical problems, and your own desire to take charge of your health, doctor visits can be complicated times. Now Zack Berger, an internal medicine expert at Johns Hopkins, has written a book to help people navigate the divide between what physicians know and what patients want.

BERGER: That's where my book really comes in to bridge that gap. It's making a balance between being your own advocate and recognizing that your doctor has their own rule of play, it's about making an agenda before you go into the visit, it's about understanding that your agenda may differ from the doctor's agenda, it's about not being afraid to talk about those things the doctor is not going to bring up, and it's about using your role within your community to advocate for your needs and the needs of people like you. :25

Berger says that medicine just keeps getting more complex yet people are increasingly expected to be informed, engaged managers of their own health, so navigating the physician visit is key. At Johns Hopkins, I'm Elizabeth Tracey.