

**THE TAKE-CHARGE PATIENT: HOW YOU CAN GET THE
BEST MEDICAL CARE**

Kathrine Y. Dieckmann

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The Take-Charge Patient: How YOU Can Get the Best Medical Care, a book by Martine Ehrenclou, M.A.

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The Take-Charge Patient will forever change how you act as a patient and thereby vastly improve the quality of the medical care you receive. She went from author and advocate for others to an advocate for herself and became a take-charge patient. It will not only help in getting an answer but will make you a much more informed patient. In her newest book, The Take-Charge Patient: Martine's own experience with the Health Care System Why patients are passive instead of proactive Preventing medical errors Creating a Patient Tool-kit Steps to take charge when lost in the Health Care maze. It masterfully assists you, once again, in knowing how to take care of yourself. If you do not understand the medical jargon your doctor is using, ask her to explain. In her newest health book, The Take-Charge Patient, Martine empowers readers to become proactive and effective participants in their own health care.