



GORMAN
OPTIMAL
HEALTH
SOLUTIONS^{INC.}

Gorman Optimal Health Solutions, Inc.
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Informed People Make Healthy Choices

Being an informed patient is an empowering concept. In the modern wellness care marketplace, patients should be full partners in managing their health and well-being. The practitioner-patient relationship is a two-way partnership in which they work together to manage the patient's care. It's no longer a situation in which the doctor tells the patient what to do.

What does it take to be an informed patient, one who can participate in a meaningful way and not be merely the passive recipient of the doctor's instructions and recommendations?

The first key is to identify a practitioner in whom you have confidence. Here are a few essential points to consider:

- The practitioner has spent enough time with you on the first visit.
- The practitioner has focused on you, and has not been distracted by all the other things happening in the office.

- All of your questions have been satisfactorily answered.
- The practitioner's recommendations are clear, and you understand what the next steps are going to be.

The questions you ask are not just to keep talking and capture more of the doctor's time spent with you. An informed patient does some preparation - some homework - before the actual office visit. Do your best to evaluate the doctor's recommendations. First, what are the expected results? How quickly should you begin to feel better? Are there potential side-effects of the recommended treatment? What are the alternatives?

Alternatives may include other forms of therapy within the doctor's office and may also include consultation with another specialist. The main point is not to be left with a confusing array of choices, but to have enough information to go forward with a treatment plan that makes the most sense, both to your doctor and to you.

As in all relationships, the doctor-patient relationship is based on clear communication and mutual trust and understanding. You can help your wellness practitioner help you by being informed and participating in the decision-making process.

Optimal Health 101-How To Stay Young The First 100 Years

Gorman Optimal Health Solutions
333 North Oxford Valley Rd.
Suite 502
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Wednesday, May 14, 2008
7:00 PM-8:00 PM

Wednesday, May 28, 2008
7:00 PM-8:00 PM

Call 215-9-HEALTH (943-2584) to reserve your seat for this COMPLIMENTARY lecture!
Seating is VERY limited.

Natural Solutions To Women's Health Issues

Lower Bucks County Chamber of Commerce
409 Hood Blvd.
Fairless Hills, PA 19030

Thursday, May 22, 2008
6:30 PM-8:30 PM

Cost: \$25 per person
A healthy dinner will be served.

Call 215-9-HEALTH (943-2584) to reserve your seat.

How To Decrease Stress

Lower Bucks County Chamber of Commerce
409 Hood Blvd.
Fairless Hills, PA 19030

Tuesday, June 17, 2008
6:30 PM-8:30 PM

Cost: \$25 per person
A healthy dinner will be served.

Call 215-9-HEALTH (943-2584) to reserve your seat.