



## Ada Bone & Joint Clinic

brings you

**Common Sense in Medicine**

by

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### **The Doctor's Office II**

Before continuing class from last week on How to Go to the Doctor's Office, lets review.

#1 Call ahead #2 Bring your health insurance policy #3 Relax #4 Take along a note pad #5 Take responsibility

Now #6 **Remember your insurance company doesn't care about you.** If they did they would make it simple for you to get treatment instead of giving you a policy that is hard to understand, and requiring verification, precertification, adjuster review, denials and making you leave the hospital before you are ready. So find a good doctor and do what the doctor suggests even if your insurance company won't pay for it. It is your life that is on the line!

#7 **Go to the emergency room as a last resort.** Call your doctor and ask what you can do until he can see you. The ER is great for real emergencies, everything else is better handled by **your** doctor.

#8 **Find a good doctor.** A doctor whose office makes you feel welcome and comfortable. One who listens to you and talks to you in terms you can

understand. One who makes *you* a part of the decisions, not just telling you what to do. Not one that tells you that you are fat, and when you ask for a second opinion, tells you that you are ugly too! Find one that cares about how your problem will affect your whole life.

#9 **Everyone needs vitamins and supplements** since nobody eats a good diet. Take them regularly. Start with a good multivitamin. The best ones are made from plants grown on organic farms. Women should take calcium and vitamin D. Men should take sal palmetto. Everyone should take Glucosamine and B complex in addition to their regular multivitamin. Some people will need others for special needs. Don't buy the cheapest brands. Get them from a good company. **Be sure to tell your doctor which ones you take.** They may affect the medicines you take.

**By David Hubler MD**

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