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peak up if you have questions or concerns. If you still don't understand, ask again. It's your body and you have a right to know.



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ay attention to the care you get. Always make sure you're getting the right treatments and medicines by the right health care professionals. Don't assume anything.



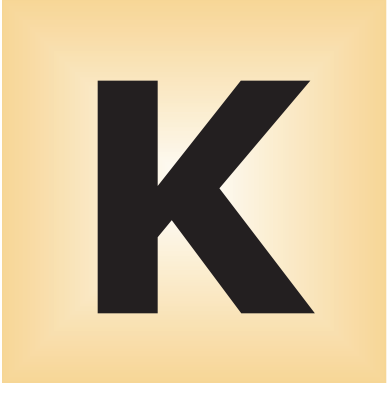
E

ducate yourself about your illness. Learn about the medical tests you get, and your treatment plan.



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sk a trusted family member or friend to be your advocate (advisor or supporter).



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now what medicines you take and why you take them. Medicine errors are the most common health care mistakes.



U

se a hospital, clinic, surgery center, or other type of health care organization that has been carefully checked out. For example, The Joint Commission visits hospitals to see if they are meeting the Commission's quality standards.



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articipate in all decisions about your treatment. You are the center of the health care team.