

# How To Prevent Needing My Services

BY DEVESH TIWARY

**A**s a surgeon, I have treated patients for 20 years. As an attorney representing those injured by medical malpractice, I have evaluated over a thousand cases. You can do some things for your health.

**Information:** Give doctors information about your medical conditions. Doctors (1) ask questions, (2) examine you, (3) review data, (4) arrive at an impression, and (5) recommend treatment or further investigation. Help this process: On a sheet of paper, list your medical allergies, medications, and medical conditions (e.g., high blood pressure) and history (hospitalizations, surgeries, important x-ray and lab results, implants). Download a Medical History form at [www.TiMedLaw.com](http://www.TiMedLaw.com) (Click on Medical History Form).

A good starting point is to get the abstract from your last hospitalization. Fill out your Medical History and print a copy for your wallet or purse, and one for your loved one. It is especially helpful if you have a complicated history and when you see a new doctor.

**Responsibility:** Follow instructions. Keep all appointments and take your medications as prescribed (finish your antibiotics to prevent recurrent infection even if you feel fine). After hospitalizations, get the abstract; when you see a specialist, get the report. Update your Medical History Form. At office visits, the doctor will tell you the assessment and plan. If you don't have a clear

idea, ask the doctor to summarize what is going on and what you should do. Have someone accompany you for initial consultations where there's a lot of information to remember.



**Research your condition:** Websites by the National Institutes of Health and Merck Medicus are free. For any proposed treatment or surgery, the provider must tell you the risks, benefits and alternatives and the likelihood associated with each; you can also ask about them.

For surgeries, make sure every provider knows the procedure; if there's a left or right side, then initial the correct body part yourself (writing an "X" is ambiguous: it could mean "X marks the spot" or "X – don't go here.")

**Specialization:** No single doctor knows all of medicine. You start with a primary care provider; if she decides your problem requires consultation, she refers you to a specialist. Even a specialist will not have experience with all the diseases in their specialty. When your care is not progressing, the specialist should refer you to a tertiary care center (for example a university, the Mayo Clinic or Cleveland Clinic Foundation). You can initiate this.

With information, responsibility and specialization, may you enjoy good health and not need my services as a medical malpractice attorney.

For more information, please contact Devesh Tiwary at (877) 846-3352 or visit [www.timedlaw.com](http://www.timedlaw.com).