

## Questions to help you talk to your doctor:

- What is wrong with me and how do you know?
- What caused this problem?
  
- What tests do I need and why?
- What do the tests involve?
- How do I prepare for the tests?
- When will I know the test results?
- Will my insurance cover the cost of the tests?
  
- What are my treatment choices?
- What are the benefits and risks of each treatment?
- What are the side effects?
- Which treatment is most common for my condition?
- What do I do if treatment fails?
  
- What kind of medication must I take? For how long?
- What does the drug do? Will there be any side effects?
- Can I take a generic version of the drug?
- Will the medicine interact with any I am already taking?  
Should I avoid any kind of food or activity while taking this medicine?
  
- Do I need to see a specialist?
- Should I get a second opinion?
- Do I need a follow-up visit?
- Can I contact you outside of your office hours if something goes wrong?

Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better healthcare. If you have any question about Bronx Health REACH call 212-633-0800 ext 1232



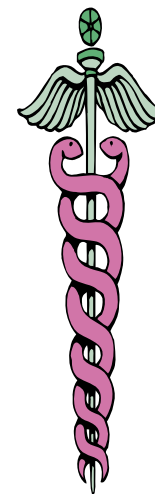
November is  
National Diabetes Month

## Health Disparities: Be aware and take **ACTION!**

- Have you ever been kept waiting for more than two hours at a clinic or doctor's office?
- Have you ever been told that there was no translator at the clinic or hospital?
- Have you ever felt that your health care provider was treating you with disrespect?
- Have you ever been referred to a clinic to see a specialist instead of being referred to a specialist in his private office?

Chances are, you answered yes to one or more of these questions. These are examples of health disparities, which are differences in the way people of color and whites are given health care. Health disparities mean that people of color live sicker and die younger than they should. People of color do not always get high quality health care.

Don't let health disparity affect your **RIGHT** to live a long, healthy life. Educate yourself about these disparities and take control of your health!



## What can you do in your neighborhood?

- Talk to your neighborhood bodega and grocery store owners. Are they offering healthy options for your kids when they get out of school? Do they have low-fat milk, fruits and vegetables? Ask them to stock these items.
- Make smarter choices in restaurants. Choose grilled instead of fried, veggies over fries and don't forget to control your portion sizes.
- Does your school have healthy lunch options? Give children healthy snacks like carrots, yogurt, and fruit. Ask your school for the recommended snack list and choose only items from the list.
- Make physical activity a priority for your family and community:
  - \* Organize a walking group with your church
  - \* Have your children play outside instead of watching television
  - \* Get off the bus or subway one stop earlier and walk
  - \* Go for a walk with your spouse or child after dinner
  - \* Take the stairs instead of the elevator
- Be an advocate for health equality. Talk to your pastor, your city council member and other elected officials.



## What can you do in your doctor's office?

- Schedule regular appointments with a doctor
- Be Prepared! Make use of limited time with the doctor by writing down questions beforehand, making a list of symptoms you have, and medications you are currently taking.
- Speak up! Tell your doctor your worries and questions. Do not be shy or afraid.
- Do not withhold information
- Bring someone with you for support, and to remind you of questions, and other things you might forget, while you are with the doctor.
- After each visit, follow up with prescription renewals, and schedule your next appointment

