

TAKING TIME

by Rebecca Escott
Extension Home Economist



Communicating With Physicians

With all the recent talk about health care reform, I think it is appropriate to talk about what we as consumers can do to improve the quality of the care we get. The changes being planned by the federal government will take months, even years to be acted on. You can do something now to assure that your physician is really giving you your money's worth.

Many people think that the doctor is solely responsible for their health care. Nothing could be further from the truth. Health care really requires a team — the physician AND you. And as you work together, results are improved if you follow a few communications guidelines. If you are a caregiver taking a mother, spouse or aunt to

appointments, you can play a supportive role in the process, too.

More often than we realize, illnesses may be misdiagnosed because of a lack of communication. A person may be treated for depression when the real problem is anemia. A relative may receive the news that he has hardening of the arteries or a mental health problem when a hearing loss is really the culprit of changed behavior. And it can work the other way as well. When a doctor and patient don't spend enough time getting to the root of the problem, a serious condition may be glossed over.

So, you can be a part of your own personal health care reform. First, be prepared to talk honestly with your doctor. Describe symptoms in the chronological order

that they occurred. Sometimes writing down your thoughts in advance helps. Don't shy away from conversations because of embarrassment about a condition or pain.

Secondly, take the initiative to ask questions. Asking a question slows the physician down and causes her to focus on you and your perspective. Ask for clarification on the use of a prescription. Ask for information pamphlets related to the diagnosis. Request that your doctor print the medical terms and the "layman's terms" for the situation you are experiencing on a piece of paper that you can take home.

When your treatment involves tests, ask why the test is being done and what it will involve. Having some idea in advance of the procedure helps elevate some of the anxiety you may have. And when the results come back, don't just hear your figures, ask your physician to explain the range of scores. Explore what things might affect the score you received. If a test is offered at a different time, could different results occur? She should put the scores in a perspective of total risk. Even though it is unlikely, ask if the tests could be incorrect. Mistakes do happen. For a major concern, you may request verification of results or order a second test.

Unless you take some action, your health care concerns may be lost in the crush of demands on the medical professionals in our communities. You need to take the time to be an active partner in your own care. This involves having the willingness to ask questions until you are satisfied with the information obtained. As a consumer, you are not powerless. If you are displeased with the care you are getting, take steps to check other options. Your health care is a team effort. Don't neglect your part. You deserve quality care.

It Was A Champion Of A Sale At York

JOYCE BUPP
York Co. Correspondent
YORK (York Co.) — In the York Fair open class swine judging, the supreme champion boar award went to Felton breeder Conrad Neutzel, exhibiting the Yorkshire champion. Supreme champion gilt title was won by the Cornbower family, New Freedom, with a Berkshire.

Open class crossbred market swine top awards were won by the Parlett family, Airville, with the champion. Junior exhibitor Nicole Eisenhart, Brodbeck's, won the reserve open class market swine award with her entry that took champion in the junior show.

In the junior division market class, Nicole Eisenhart champion's bested the reserver champion exhibited by Bobbi Myers, Thomasville. Lightweight class top prizes were won by Mark Parrish, champion, and Jimmy Neutzel, reserve. Champion light heavyweight was exhibited by Jason Frantz, with Nicole Eisenhart in reserve. Heavyweight champion honors were won by Adam Sellers, over Heather Jasienski, who took the reserve placing. Both champion and reserve champion pairs were exhibited by Jason Frantz.

Judge for the open and junior swine classes was Matt Parsons, Mass.

A partial list of open class breeding swine winners follows:

DUROC

Boar- Bankert family, champion; Parlett family, reserve.
Sow- Bankert family, champion; Parlett family, reserve.

Barrow- Parlett family, champion and reserve.

LANDRACE

Boar- Mummert family, champion and reserve.
Sow- Mummert family, champion; Robinson family, reserve.

Barrow- Robinson family, champion and reserve.

SPOTS

Boar- Robinson family, champion; Parlett family, reserve.
Sow- Parlett family, champion; Grist family, reserve.

Barrow- Robinson family, champion; Parlett family, reserve.

CHESTERS

Boar- Parlett family, champion; Bankert family, reserve.
Sow- Bankert family, champion; Parlett family, reserve.

Barrow- Parlett family, champion and reserve.

YORKSHIRE

Boar- Neutzel family, champion; Strawbridge family, reserve.
Sow- Neutzel family, champion; Kitzmiller, reserve.

Barrow- Kitzmiller, champion; Strawbridge family, reserve.

POLAND

Boar- Bauer family, champion; Bennecoff family, reserve.
Sow- Bauer family, champion; Bennecoff, reserve.

Barrow- Bauer family, champion and reserve.

BERKSHIRE

Boar- Cornbower family, champion; Bennecoff family, reserve.
Sow- Cornbower family, champion; Inerst family, reserve.

Barrow- Cornbower family, champion and reserve.

HAMPSHIRE

Boar- Stoney Ridge Farm, champion; Strawbridge family, reserve.
Sow- Stoney Ridge Farm, champion; Thomas family, reserve.

Barrow- Strawbridge family, champion and reserve.

Battenburg Lace Workshop

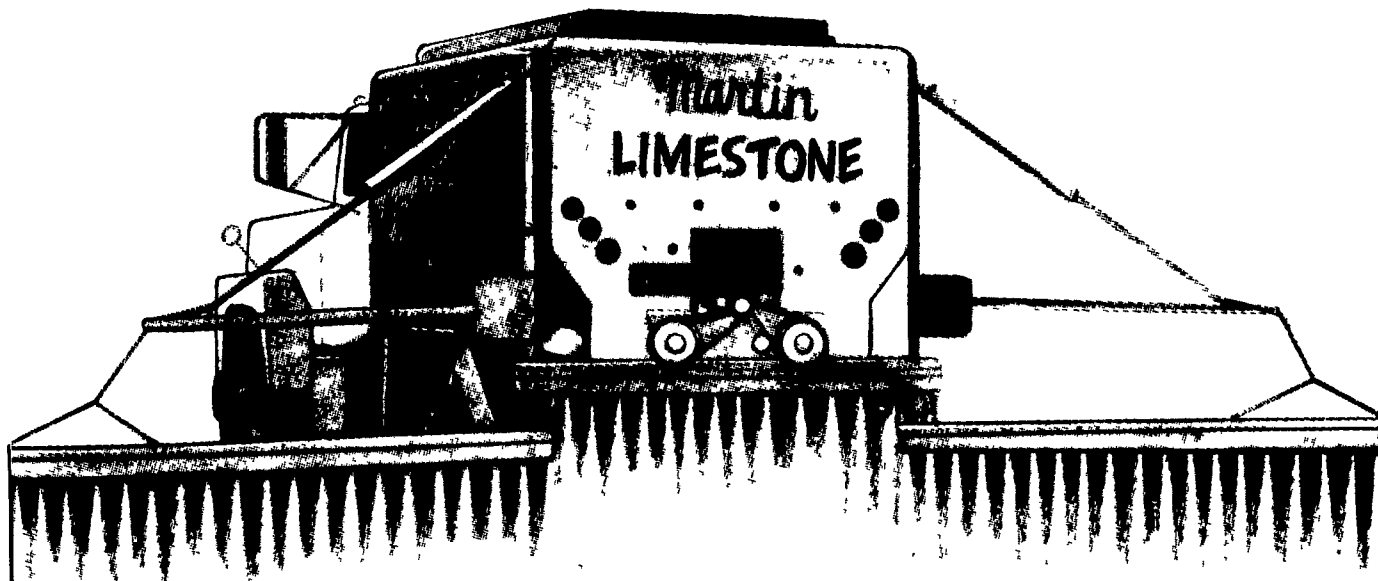
WEST CHESTER (Chester Co.) — Battenburg lace is a Renaissance art using tape and thread to make lace. Try your hand at this and make a delicate heart to be used as an ornament or applied to a garment or pillow by registering for the Battenburg Lace workshop on Thursday, October 21, 9:30-12:30, at Penn State Cooperative Extension, Government Services Center,

Suite 370, 601 Westtown Road, West Chester. Instructor Kerry L. Reynold will provide the materials for making the first project, stitch instructions, and resources for supplies. Participants should bring a pair of scissors.

The \$10 registration fee is due by the deadline of October 12. For registration information, contact Chester County Extension at (215) 696-3500.

Buttermilk Is Butterless

Buttermilk is butterless and usually has very little fat. Most are made from skim or low-fat (one percent) milk. American Institute for Cancer Research NEWSLETTER, Fall 1993, Issue 41.



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