How to get the most out of your doctor appointment

You may spend weeks waiting for an appointment, and expend a lot of time getting to it, completing paperwork, waiting and paying. Typically, however, you spend only 20 minutes with your physician.

Our expert panel will help you learn how to:

- **Prepare for your visit and cover everything you need to talk about**
- **Discuss private and sensitive topics, whether they involve your body or insurance**
- **Ask the right questions about your diagnosis, your medications, medical tests, and results**

Panelists:

Dr. Theo Heller, gastroenterologist
Dr. Daniel J. Schwartz, cardiologist
Dr. David L. Taragin, neurologist

Sunday, February 19
10:30 am – Noon
Young Israel Shomrai Emunah, Beis Medrash

1132 Arcola Avenue | Silver Spring, MD 20902

Sponsored by: Bikur Cholim of Greater Washington, and the chesed committees of Young Israel Shomrai Emunah, Kemp Mill Synagogue, Kehilas Ohr HaTorah of Silver Spring, and Silver Spring Jewish Center

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