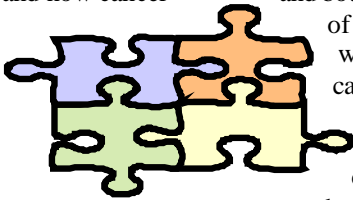




On a recent trip, I met a couple that was deep in the midst of a long and difficult medical journey. One of them had brain tumors and now cancer and both shared with me how scary and often frustrated they were as they went from doctor to doctor in search of answers and a plan. How difficult it was to make decisions and know that they were the correct ones when they had no medical background. How frustrating it was to have so many different doctors taking care of just 1 part of a patient and almost never having the opportunity to come together and share their expertise with each other. Today each doctor has 1 puzzle piece of our care and while they communicate through a memo or quick call they never do get to sit around a table and make 1 combined health plan for you. While that would be the best plan, insurance companies do not compensate them for this and their busy schedules simply won't allow this outside of a hospital CARE conference and many of us, thankfully, are not in-patient patients.



As non-medical consumers we are called on to direct and make all final medical decisions often in minutes or seconds. So that is why PATHS is reprinting the article below and re ask for a few minutes of your time to re-read it and decide. We feel it so very important, almost like having health insurance, which none of us would go without; to learn how to be a trained and knowledgeable Medical Hub (Patient Advocate) in what has become a hub and spook medical system. We may not like it but we are all powerless to change it but with simple training we can learn to manage it. If you do not knowingly direct your or a loved one's medical journey where might you end up?

So my question to you is this--Would you invest 2.5 hours to improve your ability to assist a loved one? Of course you would but have you? Please consider signing up for PATHS training now. See articles below and on page 2, as we have a new Home Training Idea that works and is fun!

Why PATHS Training is needed and important

We may all accept the universal truth that every one of us is a patient; even the healthiest of us. We all have children, parents, spouses that are patients too. **We would not take a trip without a map or GPS to guide us.** The same is true of our medical journeys; but then what happens is we can find ourselves wandering into our own or a loved one's healthcare journey trying to figure it out as we go along. We always think we have time and as Scarlet O-Hara said once "I will think about that tomorrow but does tomorrow come in time. The best time to learn is while there are no crises or emergencies. We buy life insurance and no one wants to go without medical insurance but in this age of specialized medicine with everyone having multiple doctors, we often find ourselves confused and lost in our journeys with little time and knowledge to be able secure the best medical care for both our well and ill loved ones. That does not have to be the case and 1 evening can teach you PATHS 7 steps.

All of us at PATHS believe our training can inform and benefit everyone, at all stages of health. We believe passionately that our step-by step 1 session training can give you a life time of benefits. By investing just 2.5 hours taking the PATHS Seminar you learn how to make better medical decisions, craft a more collaborative relationship with your doctor, and help others in your family at times they need you most. PATHS provides you with tools and knowledge that could assist you immediately and for your foreseeable medical future. We teach how to be effective through the use of the 7 Steps presented in PATHS one-session seminar. We are all patients, even during wellness check-ups. The average person has several care providers in different locations that never get to meet and share their knowledge. We believe the earlier you prepare and get armed with the knowledge, the better!

We will all be called on to advocate for a loved one at some point. We owe it to them to be as prepared and knowledgeable as possible. These are people we love. Making medical recommendations and decisions for a loved one is an awesome responsibility and you will be glad to be armed with skills and resources when you are called to fill this critical role.

For more detailed information and schedule please visit our website: www.patientpaths.org and go to the **Seminar** page.

Remember PATHS Training is mobile – We can and are eager to come to you. If you gather a group of 8 or more, we will come to your site to train; we can come to your church, office, or meeting site. To schedule training or just get more info: email me at Chris@PatientPaths.org or call 978-264-9770.

New Home Party Idea

Learn with Friends

New Home Party Idea—PATHS was asked to train at someone's home. They had gathered together 4 other couples/friends for a total of 8 people. The hostess provided the space (her living room and dining room) and the others brought finger appetizers and desserts. During the evening we taught with breaks for food and questions. It was the most relaxing, social and enjoyable way to learn. To schedule a training session or just ask questions about your needs, please email chris@PatientPATHS.org or call the PATHS office at 978-264-9770.



What Scares Doctors? Being the Patient

Reprinted with permission from [Time](#)

Part 5 of 6

HOW TO FIND THE RIGHT HOSPITAL

Finding the right doctor is important: but so is choosing the right hospital. There are all kinds of guides that can tell you what percentage of heart-attack patients were prescribed beta blockers upon arrival or sell you a report about your particular doctor. The problem is that it takes a doctorate in statistics to sort out the data. "The world's best orthopedic surgeon will be sent everyone's disaster cases," says Watcher. "He may be spectacular and still have worse outcomes than the crummy surgeon across the street that has better outcomes because he gets the slam dunks." Almost every knee replacement results in a few days of post-op fever. It's normal--but it can still be cited in a report on the "high rate of postoperative infection."

The most basic challenge facing every patient is knowing when to go to the local community hospital and when to seek out the major teaching center. For all their fame and all-star doctors, teaching hospitals carry risks of their own. The sickest patients often have compromised immune systems and may need to be treated with broad-spectrum antibiotics--which increases the chance that antibiotic-resistant strains of staph and other bacteria will make the rounds of the intensive-care unit. As a rule, doctors decide where to go based on how sick they are. For fairly routine care--a hip replacement, a hernia operation--they will often opt for the convenience and comfort of a community hospital. But if there is any mystery about the symptoms, the rule is Get Thee to a Teaching Hospital. The meals will probably be worse, the beds may not get made on time, a spirit of competent chaos may abide; but for complicated surgeries, the mortality rate is typically lower because the volume of cases is higher and the surgeons are more experienced. Plus, the presence of all those interns and residents has a way of keeping doctors on their toes.

For full article:

<http://www.time.com/time/magazine/article/0,9171,1186553-1,00.html?artId=1186553?contentType=article?chn=us>

Paths Thanks Red Hatters for the 2nd Year

On June 15, 2010, 165 Red Hatters came together for the 2nd Annual Red & Purple Dinner held at the Wyndham Andover Hotel. It is quite the sight to love over the lovely ballroom and see beautifully dressed and hatted Red Hatters from some 19 chapters. Thanks you ladies and please save June **14, 2011** to join us again! Or maybe for the 1st time.

Thank you to our many fabulous vendors and to the hotel for their generosity in donating the B&B Giveaway!



Raffle Winner-- of free ticket for 2011 Dinner is Priscilla Becutte, congratulations.

PATHS News & Announcements

- **You can now donate to PATHS on-line with PayPal**—this allows you to use your PayPal account or any major credit card for your convenience and security. Click on the "Buy Tickets Now" link in the orange PATHS Fundraising Events box near the upper right corner. Then simply click the "Add to Cart" button next to "Additional \$ Donation to benefit PATHS." You may donate in any dollar amount specified as Quantity (the item is \$1 donation). Thank you for your support. Please note, PayPal charges a modest processing field for transactions, so if you want every penny you donate to go to work for PATHS please donate by check payable to PATHS and mail to: PATHS, 116 Russet Lane, Suite 2, Boxborough, MA 01719
- **To be "green" we prefer to distribute our newsletter by email and need your help by signing up for a free subscription.** We hope you will subscribe at our website for this eco-friendly way to connect with us, www.PatientPaths.org

Attention: We hope you enjoyed the 7th issue of **Journeys**, PATHS' monthly newsletter. We pledge to **never** sell your name to anyone. To submit articles or comments please email: info@patientpaths.org. If at any time you wish to unsubscribe, hit reply and type "unsubscribe" in the message line. If a friend forwarded this to you, or you received it through your participation in a Yahoo Group or similar arrangement then we cannot unsubscribe you individually. Conversely, if you receive **Journeys** through your participation in a group mail service and want to be sure you will continue to receive the newsletter consistently, please use the subscribe option on our website, or send an e-mail with "Subscribe" in the subject line. Thank you.