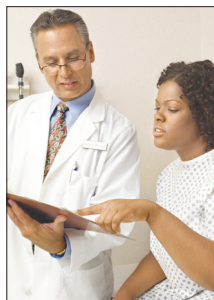




Héctor Gutiérrez is a certified mechanic. A great dad. And a great patient.

He asks questions about his treatment. Listens closely to the answers.

Clear communication between doctor and patient—it's clearly the best medicine. Just ask Héctor Gutiérrez. Before his doctor's appointment, he makes a list of questions—putting his most important questions first. If he has a specific health problem, he describes his symptoms thoroughly to the doctor—when the symptoms started, what seems to trigger them, what seems to make them



better or worse. He provides his doctor with a complete health history, listing all his current medications and allergies. He knows that discussing his questions and concerns with his doctor is one of the best things he can do for his health.

To learn how you can become a more effective and informed patient, visit our website.

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